

# The Parental Regard Project: a relational approach to family dispute resolution

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- Background
- Research , theory and practice
- Parental Regard Project – training and findings
- Role play
- Discussion

- "What we get *exclusively* from the family is love, and the capacity to form intimate attachments...emotional security does not lead inexorably to good character or good citizenship, but insecurity interferes with the formation of *every* social connection...It increases the chance that we will react to others with avoidance, fear, anger and hostility."  
[Rosenblum, 1995:12]

“I’ve learned that people will forget what you said and forget what you did but they will never forget how you made them feel”.

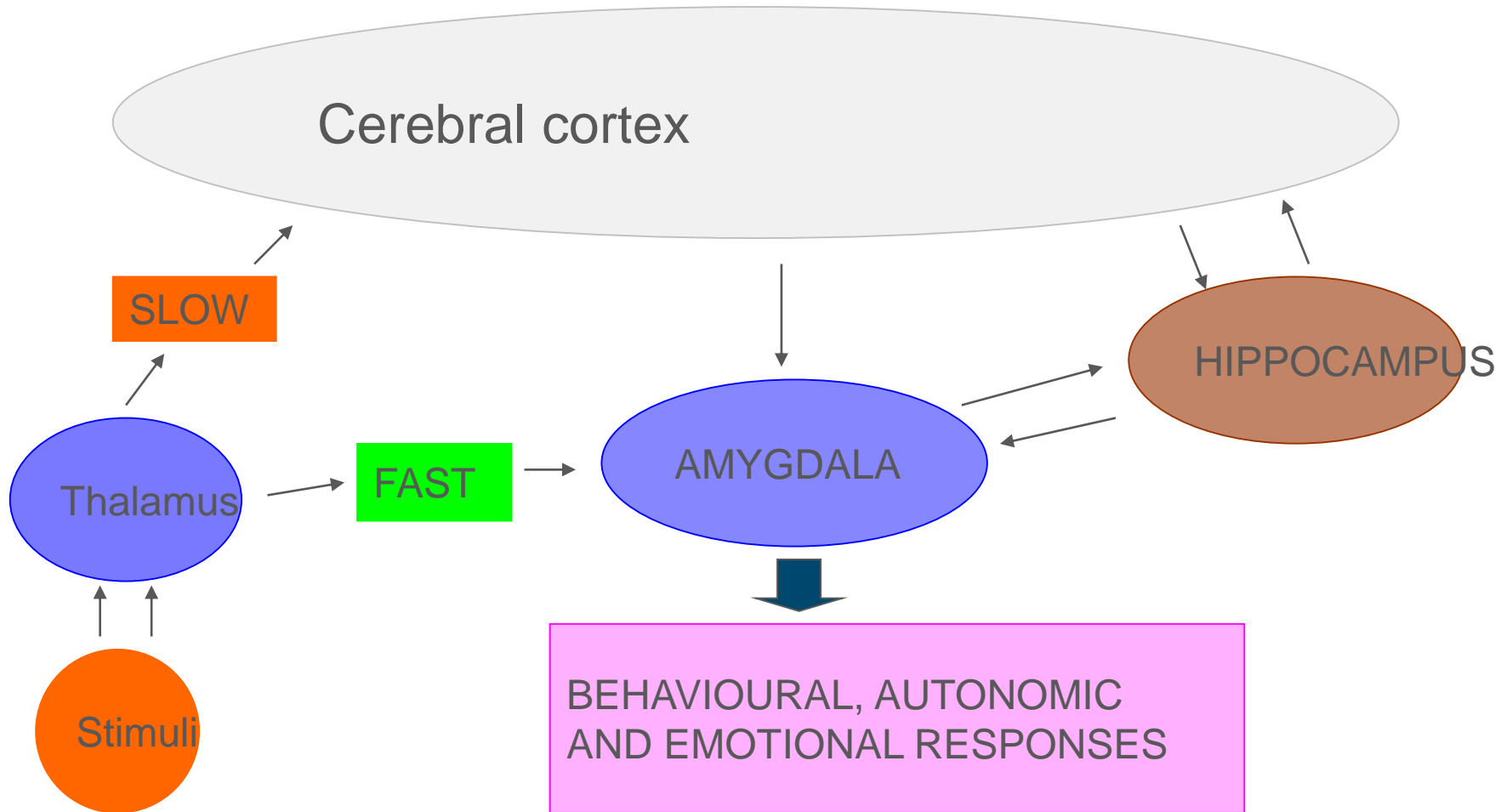
Maya Angelou



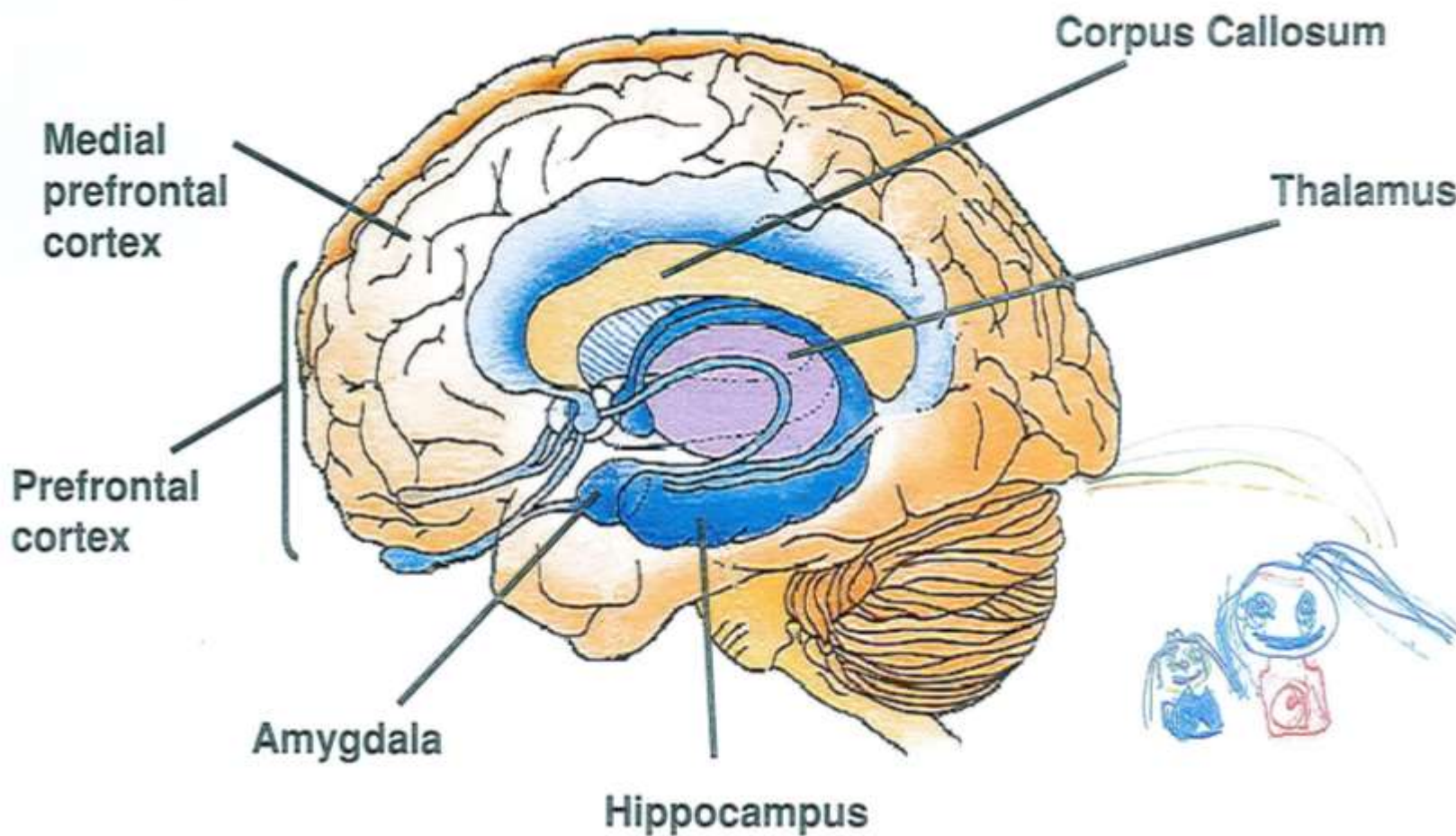
One of the consequences of poor attachment is that there seems to be less space or spare mental capacity for accessing emotional and cognitive information about relationships

Our focus as children on our short term survival has superseded attention to all long term maintenance. Akin to burning the furniture to survive a freezing winter.

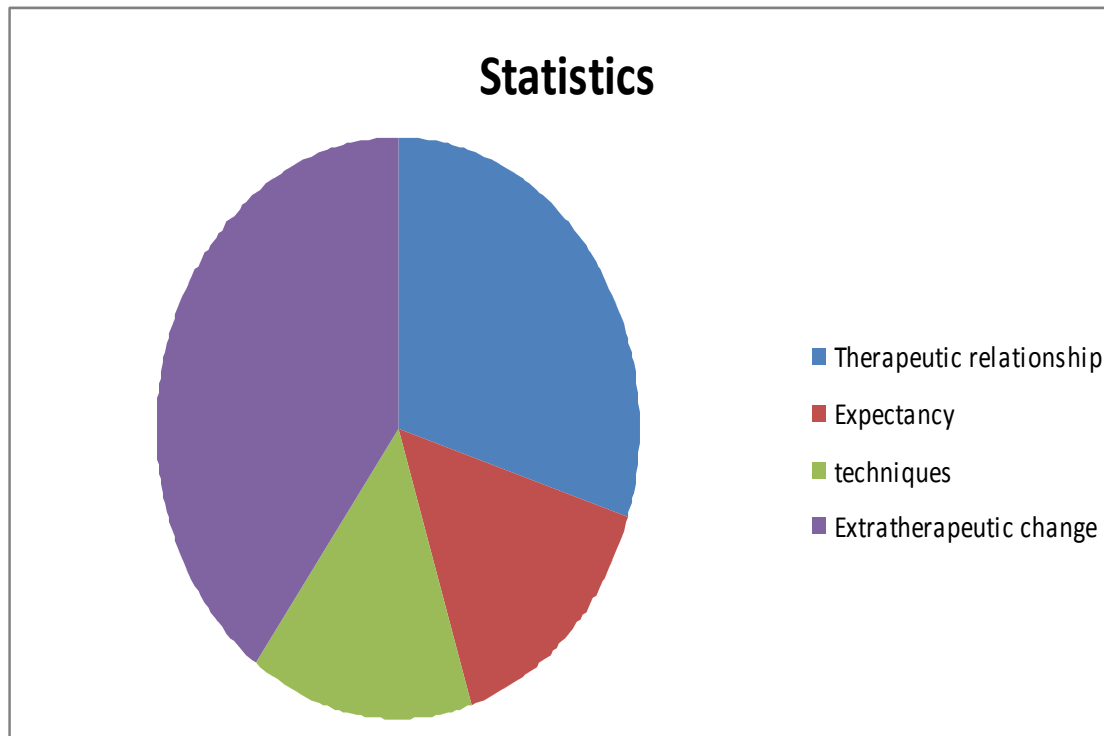
- It is important to understand that the brain altered in destructive ways by neglect and trauma can also be altered in reparative, healing ways.







- The Big Four :-



- Who was trained / participated in the research, and why
- What the training involved

- J Curve model. – Dumb and curious form of enquiry to elicit information of intent, impact and effect on others.
  - A – Attunement
  - E – Engagement/Empathy
  - I – Intent/Impact
  - O – What do others see?
  - U – What else could you do?

## Engagement/Empathy

Does that help us understand why all your good efforts come to nothing?

Would he say, 'no stuff her, why should I? She wouldn't do it for me so why should I do it for her'?

Is it possible that because he thinks you don't like him, he doesn't feel inclined to make any effort to take your opinion into account?

So he would say you don't like him.

If I was to ask him what he thinks you think of him, what would he say?

What about the other parent, what would he say you are like when you're not happy?

When they are trying to get some sense of what you think about them what conclusions do they come to?

What would they say you are like when you are feeling like this?

When people look at you feeling like this what sort of impression do they get?

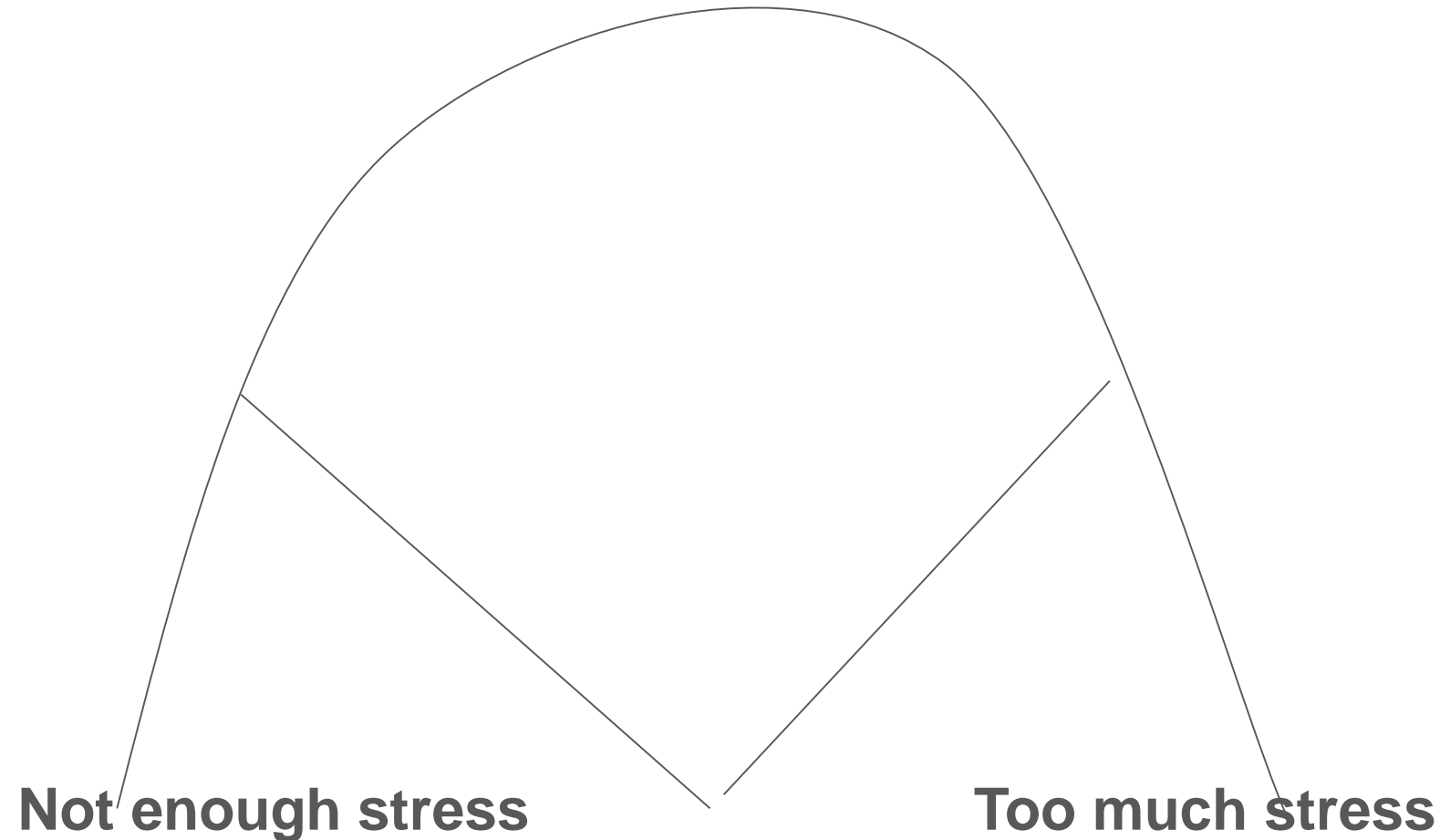
Feeling like this must impact on how you look

Reflecting Feelings

Paraphrasing

Validating

- The Social brain (given the opportunity) is always happy to help to resolve a distressing relational situation, willingly providing data for insight and reflection.



- Shift in language
- Shift in behaviours and conflict
- Clinician's perspective
- High regard for Family Advisor session, but drift in progress towards the joint session → second pilot study



*“I never call her my ex anymore; I always call her my son’s mother.”*

– **Benny** (male client, post-training sample)

*“...And so now we, we use that term (parenting bridge) and we work to build that bridge and maintain that bridge in a positive regard.”*

– **Jake** (male client, post-training sample)

*“It changed everything for me. That was the turning point in my healing. It really was. [...] I knew that I can’t do this, I can’t keep going. We’ve gotta stop this (conflict) now and, yeah, that’s how it went.”*

– **Laila** (female client, post-training sample)

What to look for

- Discussion

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