GREAT RELATIONS

THERAPY PACKAGE

YOUNG FAMILIES



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INTRODUCTION

Young Families

With the therapist package, you gain access to a selection of conversation exercises, reflection tools, fun activities, and games that you can offer your clients to use between therapy sessions.

This enables more effective therapy, allowing you to work deeper as reflection supports your work and helps guide your client in exploring personal themes at a pace that suits them.

In this way, you help the client gain a deeper understanding of their challenges and opportunities by encouraging reflection and dialogue between sessions.
Your client will experience that the progress made in therapy with you can be transferred into their daily life, even when you’re not present
.

This package includes:
The Young Families package contains six different inspiring exercises for families with young children who have lost time and desire for couple connection. These include dialogue cards and vision boards. The purpose is to restore close contact through inspiring frameworks for play, learning, and the development of adult dialogue.



HOW TO USE THE PACKAGE

Get the Most Out of Each Therapy Session

Review all the guides first

All exercises, dialogue guides, and activities can be integrated into a therapeutic process. We recommend that you, as a therapist, review all parts of the package yourself, so you can determine when each client is ready to take home an exercise or two. These exercises can be used in both individual therapy and couples therapy but are not suitable for children or teenagers.

STEP 1

Provide the specific guide to the client as homework. You can either send a screenshot of the digital version, print the entire therapeutic package, or adjust your printer settings to print only page 5, for example. Make sure to go through the exercise with the client so they understand it fully.

1

STEP 2

The client completes the exercise at home during the time interval between the current session and the next one.

2

STEP 3

In the next session, you will discuss the insights the client has gained.

3

CONVERSATION 1

Conversation: Understand each other's needs and reconnect

In this phase, you can continue working on the three patterns you identified as challenging in your relationship during your previous conversation. The goal now is to better understand how you can support each other and work together to resolve your challenges.

Individual Reflection
Before your next conversation, take some time to reflect on the following questions individually:

- How can I contribute to us getting better at... (e.g., standing together as a team in front of the children even if we disagree on how to handle the situation) ?
- What do I need to change for us to... (e.g., communicate more effectively under pressure) ?
- What does it mean to me to be... (e.g., a team, good partners, good parents) ?
- How can you help me improve at... (e.g., staying calm during a discussion without pointing fingers, or showing care and understanding even when we disagree) ?

Share your answers with each other. It’s essential to show interest in each other's needs and not just focus on delivering your own message. A crucial part of this exercise is to create a sense of togetherness between you, which happens when you pay attention to each other's needs and ask curious questions about how you can be part of the solution. This is where you begin to form a team around your decisions and develop a sense that you are each contributing to resolving your challenges.

End the conversation by agreeing on three wishes you have for the future.
For example:

1. We wish to prioritize quality time as a couple.
2. We want to be more curious about each other, both emotionally and physically.
3. We aim to create more breathing room in our daily lives and reduce our focus on practicalities.

EXEERCISE 1

Exercise: A walk down memory lane

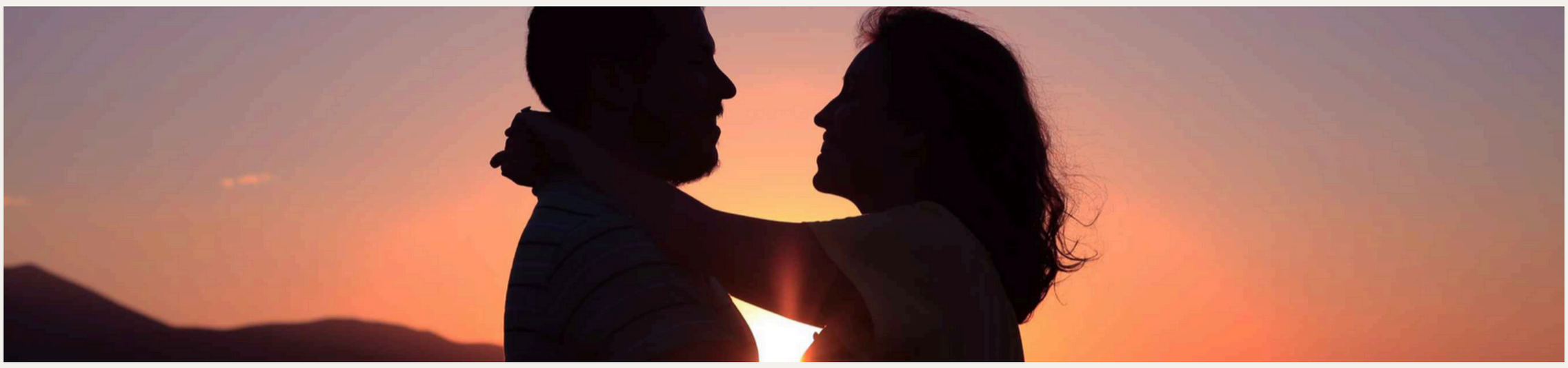
Sit down together and spend 10 minutes each writing down the story of how you met. Consider the following questions:

- What did you notice about your partner?
- What was your first impression?
- What feelings did you experience in your body?
- What did you fall for as you got to know your partner better?

Share your stories with each other. You'll likely have noticed different things that can spark a fun conversation. It's also important to retell the story to remind yourselves why you initially came together. You might think, "Well, we know how we met," but we promise that reliving the story can create a sense of togetherness and bring back those feel-good emotions.

If you feel it's too awkward to write the story down separately first, you can take turns telling your stories verbally. Remember that this exercise is simply a "conversation starter" to help you discuss a topic that you may not touch upon often, especially if you've been together for a long time. The point is to create a positive atmosphere by recalling a shared memory that means something to both of you.

It may feel painful, and you might not want to engage in it if you feel far apart—remember that the pain is a part of being human, which we all need to learn to navigate. The more you practice, the more natural and easier it will become to talk through the difficult parts. The aim here is to find the courage to explore what you don't know the outcome of. If your relationship has been loving in the past, it can be that way again.



EXERCISE 2

Exercise:
What do you want?

Example:

If we stick to the three desired wishes from earlier, you can see how to break them down into concrete actions in this example.

There are many possibilities, and the following are just a couple of examples for inspiration. The most important thing is to be specific about how you can turn your goals into actions.

1. WE WANT TO PRIORITIZE MORE QUALITY TIME TOGETHER

Concrete actions:

- We can start having dinner together twice a week after the kids are in bed.
- We can agree that at least one evening a week, we won't have our phones or TV on, but instead play board games, talk, or do something else we enjoy together.
- We can arrange for a babysitter and go on a date once a month, taking turns planning the outing.

The exercise continues on the next page →



EXERCISE 2

Exercise: What do you want?

2. WE WANT TO BE MORE CURIOUS ABOUT EACH OTHER, BOTH EMOTIONALLY AND PHYSICALLY

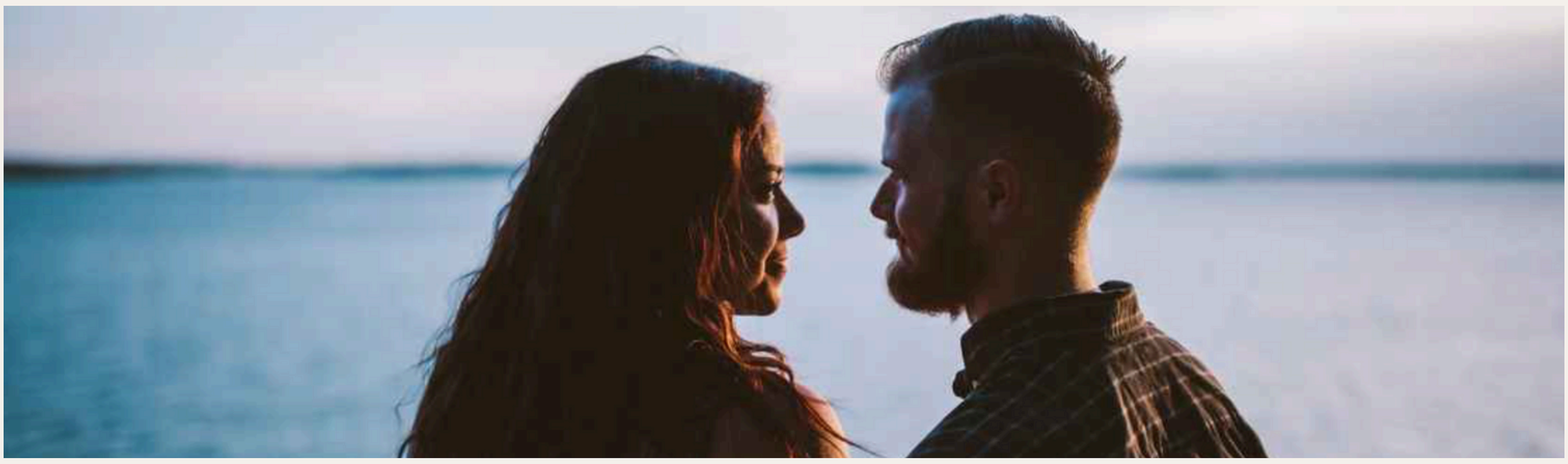
Concrete actions:

- We can agree to kiss and cuddle each night before going to bed, without it needing to lead to sex.
- We can work on communicating our needs and desires for intimacy more openly.
- We can make it a point to ask each other questions that don't involve the kids or practical tasks.

3. WE WANT TO CREATE MORE SPACE IN OUR DAILY LIVES AND FOCUS LESS ON PRACTICALITY

Concrete actions:

- We'll create a meal plan and only spend time grocery shopping once a week.
- We can prioritize subscribing to meal kits about four days a week.
- We can invest in cleaning help, even if it's an expense for something we could do ourselves.
- We can arrange for the grandparents to babysit more often or find a babysitter if there's no family available.



CONCLUSION

Good Luck!

Thank you for your interest in utilizing these communication guides from Great Relations, which we have created for you as a therapist to support your work with your clients. We wish you all the best in conveying them further.

We welcome your feedback, so feel free to share how you have used the package and whether it brings value to you and your clients. We also appreciate constructive criticism.

GREAT RELATIONS

