

Reflective Parenting

About us

An independent charity committed to providing a low-cost confidential counselling service. Our counselling team is made up of qualified counsellors and trainees in their last year of an advanced or postgraduate diploma/MA in counselling. All counsellors receive regular in-house supervision. As an Organisational Member of the British Association of Counselling and Psychotherapy we are bound by its Ethical Framework for Good Practice. We are also members of Youth Access and Community Barnet.

What is Reflective Parenting and how can it help?

Therapists draw upon their training and experience to inform the Reflective Parenting work. Parents need to be able to accurately mirror (reflect) back to their baby what is going on in their baby's mind. This is the fore runner to mentalising, the name with give to the process of talking to child about what they are thinking and feelings as well as what the parent's thoughts and feelings are. The good news is that teaching a child about thoughts, and emotions is pretty simple and undoubtedly it is something parents do in everyday exchanges they have with their child. With some help, parents can start to notice when they are doing this well and when they might be finding this more difficult. It is important for you to realise you are not accessing a parenting advisory service or counselling.

Who is Reflective parenting for?

Reflective parenting can help the parent/carer understand the difference between a reaction that might be disproportionate or not fitting to the situation, as well as why this reaction has been evoked.

Reflecting can help a parent/carer become more aware of the impact unhelpful reactions can have on the parent/child relationship and alternative ways to respond can be identified and explored.

Is the service confidential?

Yes, your attendance and everything you share in therapy remains confidential to the service. Only upon written request from the client attending will any information we hold be released. Rephael House does not keep detailed notes on each session. Complete confidentiality can not be guaranteed in all circumstances, this will be discussed with you at your first appointment.

Will I have to pay?

At Rephael House each session costs us a minimum of £47.50 to run. Currently we have received some funding for the Reflective Parenting service so only require a payment of £10 per session.

Is there a waiting list?

Waiting times for this service vary. You will be informed about how long you may need to wait upon enquiry.

How can I access Reflective Parenting at at Rephael Hous

Go to our website at www.rephaelhouse.org.uk/Referral to complete a self-referral form (Low-cost services). Please request Reflective Parenting in the field: "Please tell us why you are seeking Counselling."

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