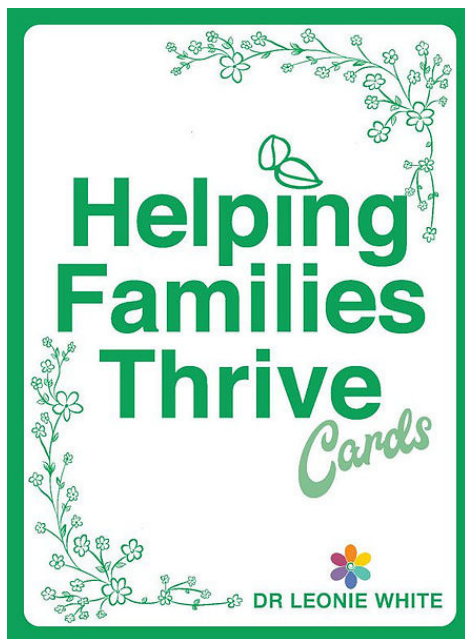


How do I use Helping Families Thrive Cards?



Based on Dr Leonie White's Clinical Practice, Family Therapy research and theory, these ideas have been carefully selected to cover key ingredients of growing healthy, thriving families, and make a positive difference to families.

Would you like to grow a thriving family?

Do you work with families to help them reach their unique potential?

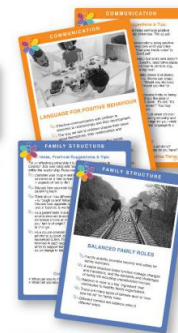
Helping Families Thrive is a set of cards designed to assist families of all types as they journey through this thing called life.

These cards will help with everyday family life. From the predictable transitions and changes that occur in families, to the unexpected, unplanned, sometimes unwanted challenges, losses and misfortunes.

Divided into 6 colour petals, Communication, Fun and Enjoyment, Nurturing, Family Structure, Problem Solving and Belonging – each petal has several cards representing the aspects of the component with an explanation, description, tips, and practical ideas, as well as conversation starters to individualise the suggestions.

See website for photography attributions.

www.drleoniewhite.com



Helping Families Thrive Cards
Design and artwork collaboration by:
Cath Bird Design & Designs by House



Ideas for Professionals

Helping Families Thrive Cards make the theory, research and clinical experience of 'what helps families' accessible and easily understandable, and provides practical strategies to action this knowledge in daily life.

- Individual Reflection/Self Supervision before and/or after a session.
- Review the cards to plan a parent or family session.
- Use the garden metaphor to introduce various aspects of family life.
- Use the "petal category" card to help clients identify areas they would like to focus on.
- Use one category of cards at a time – clients can choose aspects of that category to focus on.
- Use a single card – if there is a card that resonates with an area of work bring this into the session as a focus point.
- Use the cards to identify areas of strength the family can amplify.
- Use the petals card, or specific cards, to open conversations on different aspects of family life.
- Use cards as prompts for psychoeducation.
- Use the card deck to provide a smorgasbord of ideas to choose from ...or a sounding board to provide inspiration for the development of new ideas.

For more information head to www.drleoniewhite.com
for Helping Families Thrive Cards blogs and videos.