

## Programme in relational competences

familylab Association organizes and conducts a one-year programme called "Development of Relational Competences". The programme is intended for pedagogical professionals and anyone working with children, youth, parents and families. Ideally, participants should have finished the Basic familylab training for inspirational seminar leaders or anyone of the familylab programs in order to be familiar with the basic terminology and principles of work. Our programme is based on the knowledge and application of the relational approach that we teach and cultivate through group work. The aspects of this approach are enriched by the specific knowledge, skills and experiences of our instructors, all of whom share a common focus on relationships - those between family members (when we talk about family therapy) and those relationships within pedagogical or educational groups, when focusing on work with groups.

The relational approach, as the common thread of this training, is inspired by the work of Walter Kempler, Jesper Juul, Helle Jensen and their colleagues and students; it is enriched with scientific insights into interpersonal relations and communication, as well as with the specific knowledge and creative approach of the authors and training leaders. Based on our common knowledge about the risks to mental health and the psychological, emotional and social well-being of children, young people, parents and teaching staff, we have designed seven modules that rely on the **basic values, principles and concepts** we talk about in familylab:

- integrity, cooperation and existential conflict
- self-esteem and self-confidence
- personal and social responsibility
- adult leadership
- building relationships

We have added to these values and themes the topic of loss and grief, as one of the important issues in relational work: getting to know the basics about loss and reactions to loss in children, young people and adults.

Through education modules, participants will gain **knowledge and insights** about:

- the meaning and significance of relationships for the benefit of individuals and groups
- the nature of the relationship between children/youth and their parents and other significant adults (including pedagogical workers in institutions such as kindergartens and schools)
- the meaning of experiential approach and process work
- own personality, self-awareness and competences as a starting point in working with people; and as prerequisites for the development of self-awareness of others, especially children
- relational competencies - what are they, what do we need them for and how do we develop them?
- the importance of relational competences as a prerequisite for working with children, young people and adults

In the way the programme is designed and structured, it offers opportunities to discover **sources and ways of support for teachers, pedagogues and other professionals** through:

- setting own development and professional goals within the framework of programme
- recognizing own limitations and strengths
- encouraging self-reflection, self-awareness
- receiving and giving feedback
- familiarization with the concept and practice of collegial reflection as a way of peer empowerment and support
- learning to conduct a meaningful dialogue
- short-term counselling work under direct supervision

**The methodology of work** used throughout all the modules activates the relational potential of participants in such a way that their learning about relationships is theoretical, practical and personal. Our experience shows that through personal engagement, taking responsibility for being part and participating in a group, and through competent leadership, groups become a safe place for individual and collective processes. Therefore, participants, in addition to their own learning in the group, acquire experiential knowledge about group dynamics that can be inspiration and support for their participation in the groups they belong to (family, class, work team...).

**Authors and leaders:**

*Caroline Märki:* Founder and leader of familylab Switzerland; Swiss qualified psychosocial counsellor; family therapist; trainer and educator in relational approach, Coauthor of: *Kinder brauchen unperfekte Eltern.*



*Peter Schlichting Mortensen:* Psychologist, family therapist; teacher at The Kempler Institute of Scandinavia, 1988 – 2010. Founder and co-leader of DFTI, Dansk Familie Terapeutisk Institut, 2010-2022. Coauthor of: *Familien-Therapie. Im hier und jetzt.*



*Dužanka Kosanović:* Founder and leader of familylab Croatia; psychologist, family therapist (ECP – European Certificate of Psychotherapy); trainer and educator in relational approach



**Dates and module topics:**

The programme consists of seven modules, each module lasts four days.

**Modul 1: 3 – 6 April 2025 Peter Mortensen**

Introduction – about experience-oriented family therapy, theoretical framework and historical overview; Personal biography, Core competencies, Experiential and process work.

**Modul 2: 12 – 15 June 2025 Peter Mortensen**

Understanding and experiencing the Pentagram; Understanding and training relational competences.

**Modul 3: 10 – 13 July 2025 Caroline Marki**

Self-esteem and self-confidence – core concept of well-being; How does our own self-esteem develop and how can we strengthen it in children and young people?

**Modul 4: 21 – 24 August 2025 Dušanka Kosanović**

Existential conflict and how it manifests itself in children and young people; Personal and relational responsibility; Adult leadership - leadership in families and in groups.

**Modul 5: 2 – 5 October 2025 Dušanka Kosanović**

Loss and grieving; Specificities in children, young people and adults; Grief support.

**Modul 6: 13 – 16 November 2025 Caroline Marki**

Sources of support for teaching staff and other professionals - collegial reflection.

**Modul 7: 29 January – 1 February 2026 Peter Mortensen**

Completion of education; Overview of achieved goals and insights on development; Feedback sessions.

**Module timetable:**

Day 1 9:00-12:30 15:30-18:30

Day 2 9:00-12:30 15:30-18:30

Day 3 9:00-12:30 15:30-18:30

Day 4 9:00-12:00 13:00-15:00

**Language:** English

**Venue:** Prague, Czech Republic

**Price:** EUR 3,800.00 Accommodation and meals included in the price.

**Application details:** CV and online interview

**Contact and application information:** [ruth@familylabassociation.com](mailto:ruth@familylabassociation.com)