SEASONS FOR GROWTH PARENT PROGRAM

ABOUT THE PROJECT

Every year in Australia, approximately 50,000 children experience the divorce of their parents. Over the past 18 years around 170,000 children in five countries have participated in the very successful Seasons for Growth® Young People’s Program, developed by CCYP researcher, Anne Graham. This is an evidence-informed, peer-based education program that assists children and young people (6-18 years) to understand and manage the change, loss and grief they may experience as a result of family transition. For many years, parents have been asking, ‘Is there a program that can help parents, too?’ The Seasons for Growth® Parent Program has recently been developed by Anne Graham, in collaboration with Good Grief Ltd (www.goodgrief.org.au), to meet this need.

The project builds on several studies undertaken at the CCYP and has also involved an exhaustive review of wider evidence about what children need to help them adjust following separation and divorce. The resulting program provides an opportunity for parents to better understand the experience of separation and divorce from a child’s or young person’s perspective and to explore ideas and strategies for supporting children to transition well through the changes happening in their family.

The project also involves the development of a train-the-trainer package and initial training of trainers from participating countries. Along with the Seasons for Growth® Young People’s Program, this new program for parents is a not-for-profit initiative sponsored by Good Grief Ltd.

PROJECT TIMEFRAME

December 2011 – December 2014

PROJECT PARTNER

Good Grief Ltd

RESEARCH TEAM

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