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A model towards parenting with success and satisfaction

PhD Thesis:

Vulnerable parenting a study on parents with mental health problems: strategies and support.

- A personal recovery and psychiatric rehabilitation point of view (Farkas & Anthony, 1991);
- Supported parenting
- A transdiagnostic approach
- From client's need to a valued role

A qualitative research to the strategies by parents

Leading question:

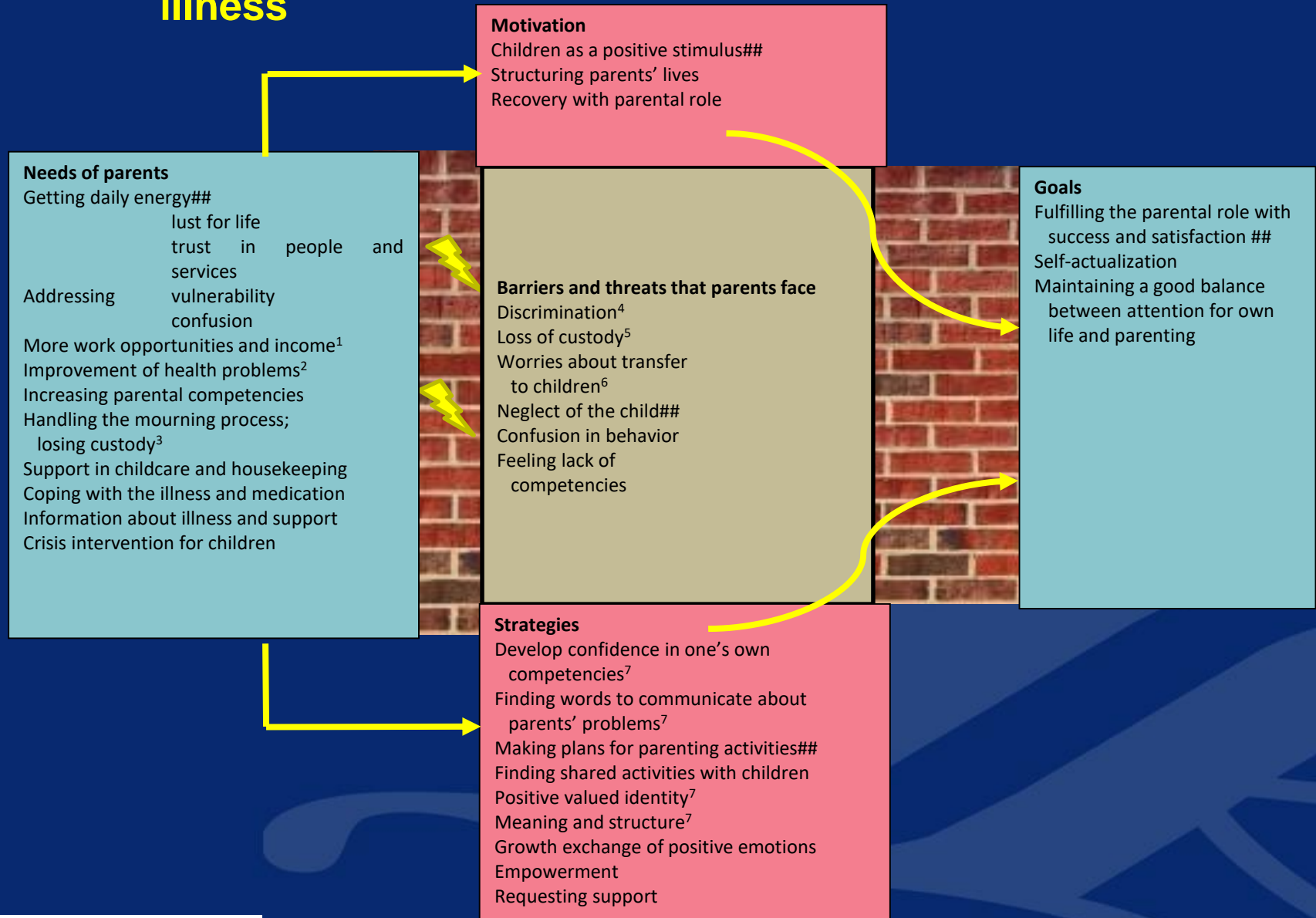
What are the strategies to parent successfully and with satisfaction while having mental health problems

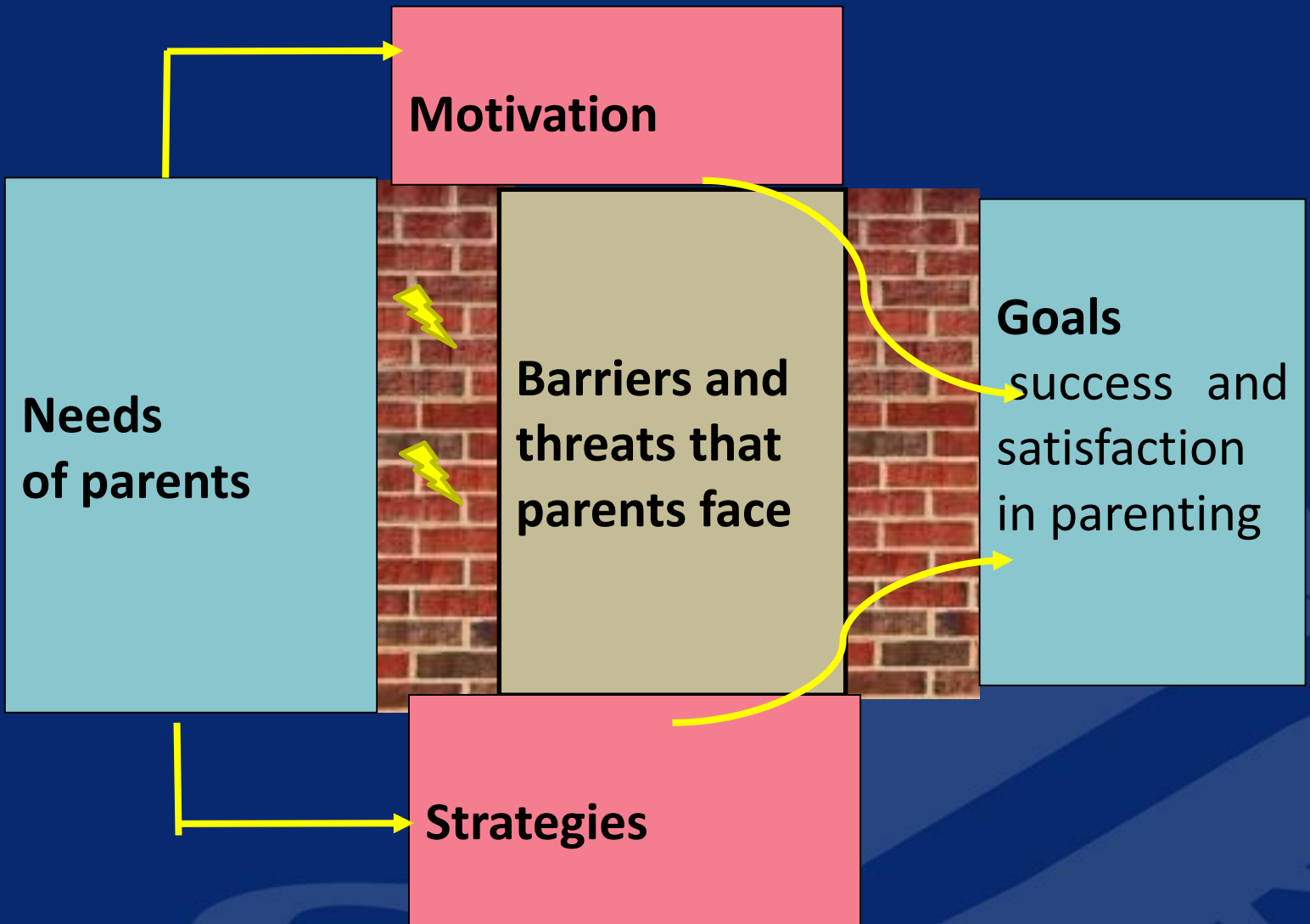
- 27 parents 19 mothers 8 fathers
- **Purposive sampling:**
 - participants of education of experts by experience
 - Selected patients of mental health organizations

Model as an overview of personal recovery and rehabilitation strategies of people with mental illness to fulfill a parental role with success and satisfaction.

Based on this research and on relevant literature

Fulfilling the parental role by people with mental illness





Needs of parents

Getting daily energy

lust for life

trust in people and services

Addressing vulnerability

confusion

More work opportunities and income

Improvement of health problems

Increasing parental competencies

Handling the mourning process;

losing custody

Support in childcare and housekeeping

Coping with the illness and medication

Information about illness and support

Crisis intervention for children

Barriers and threats that parents face

Discrimination

Loss of custody

Worries about transfer to children

Neglect of the child

Confusion in behavior

Feeling lack of competencies

Motivation

Children as a positive stimulus
Structuring parents' lives
Recovery with parental role

Strategies

Develop confidence in one's own
competencies
Finding words to communicate about
parents' problems
Making plans for parental activities
Finding shared activities with children
Positive valued identity
Meaning and structure
Growth exchange of positive emotions
Empowerment
Requesting support

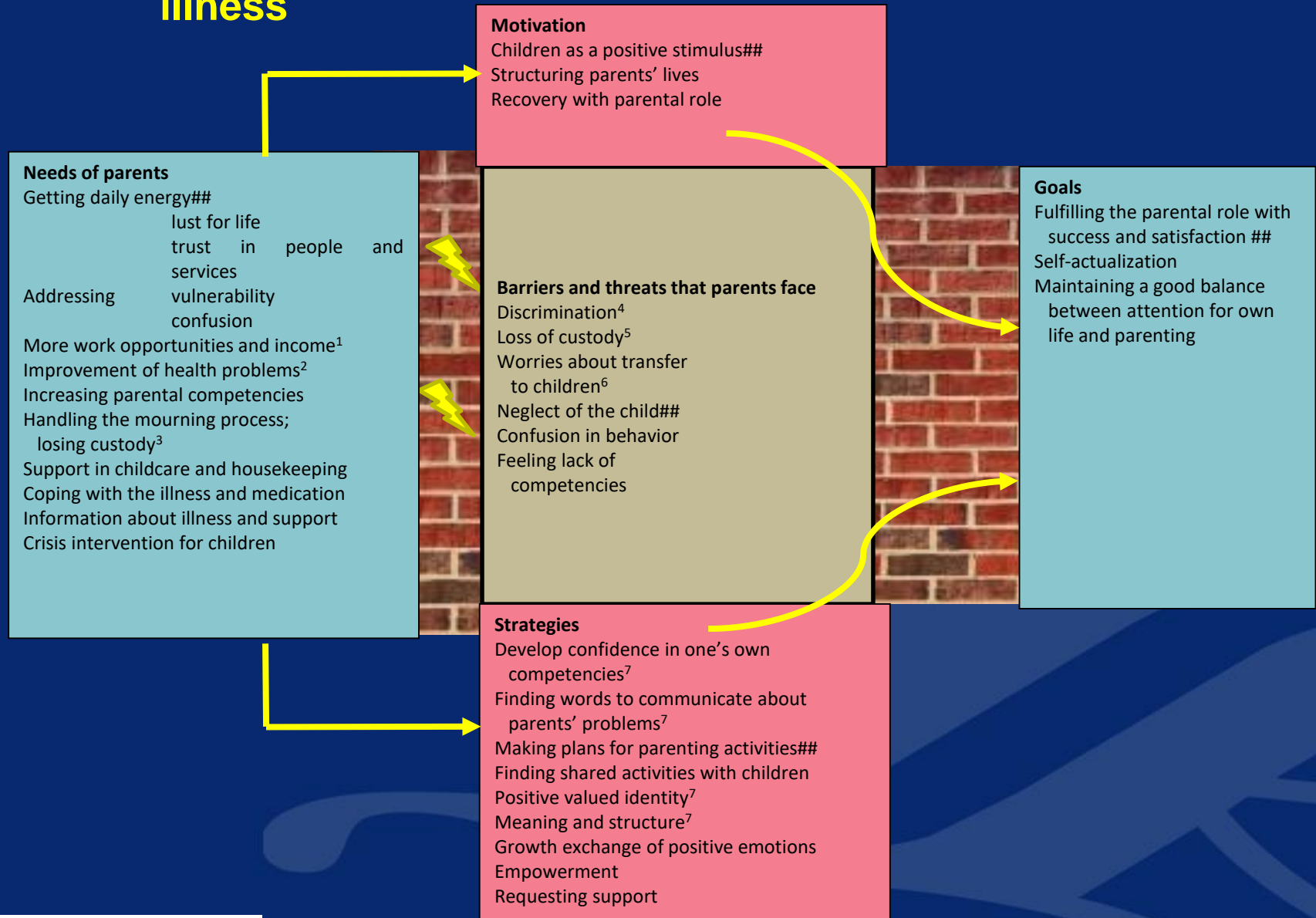
Goals

Fulfilling the parental role with
success and satisfaction

Self-actualization

Maintaining a good balance
between attention for own
life and parenting

Fulfilling the parental role by people with mental illness



In Western-Europe the mental health care changes from specialized institutions into Community Support teams.

This gives more opportunity to supported parenting.

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- Website:

www.ouderschap-psychiatrie.nl

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