

R.Y.P.P

Respect
Young
Person's
Programme



**by THE WISH CENTRE - 01254 260465
and delivered in your local area.**

RYPP - a Programme that puts the family at the centre of resolving their conflict.

Conflict between a young person and their parent/carer can be a normal part of maturing, but occasionally it can lead to abuse or aggression towards that parent/carer.

As we know, difficulties are more readily addressed when all parties feel that they have appropriate input into the solution, and that's what RYPP aims to do.

RYPP is a programme for young people aged between 10-16, together with their families, which aims to address violent or aggressive behaviours by the young person towards their care givers.

RYPP runs for 3-6 months and consists of 18 sessions - 9 with the young person, 7 with the parent/carer and two as a family.

The work with the young person addresses:-

- Insight into violence/abuse and its effects
- Emotional regulation & awareness
- Solution focused work / goal setting
- Cognitive behavioural work
- Empathy building
- Conflict resolution

Work with the parents and family includes making family agreements, insight into the young person's behaviours, de-escalating situations and ensuring effective boundaries.

RYPF can be useful in also addressing difficulties such as:-

- Difficulty with attachment
- Low empathy
- High entitlement
- Poor school attendance or academic achievement
- Difficulty with emotional regulation
- Problems with conflict resolution

and seeks to improve:-

- emotional well-being (coping with anxiety, anger, depression, emotional self-regulation)
- family communication and relationships
- parenting confidence and skills
- the young person's insight to their own behaviour leading to a reduction in verbal and physical aggression.

Contact us for further details or a referral form on 01254 260465 or email us info@thewishcentre.org.

Respect

