

ERASING FAMILY PANEL DISCUSSION POINTS FOR MENTAL HEALTH SPECIALIST

1. Are any families exempt from trauma?
2. How important is the mother/child bond and the father/child bond?
3. List three ways a parent can support the relationship between the child and the other parent the child is resisting contact with.
4. Emotions are contagious. How can children and parents separate their own emotions from each other?
5. How can practicing critical thinking and conflict resolution skills help children and parents when dealing with upset feelings?
6. What are some ways that a child or parent can soothe their own upset emotions?