



## THE VIBRANT FAMILY A Handbook for Parents and Professionals

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Family life! We tackle it head-on with great enthusiasm and lots of hopes and dreams that our family will be filled with love, closeness, well-being and development. However, for many of us family life, parenthood and our children develop in ways that we never anticipated and were looking forward to. Instead of creating a secure, confident, and vibrant family, all too many of us get helplessly caught up in daily quarrels. The result is that the children do not thrive and we have no clue what to do and how to move on.

*The Vibrant Family* offers completely new and surprising approaches to parenthood. This book is not about child rearing, setting limits or a specific way of communicating with children. It is about the ways in which well-being in our relationship is crucial to a good family life with confident and balanced children. The clear message of the book is that it is not the children who should change in order to get the family to function – it is the parents. The book also offers practical and concrete tools to understand how you and your partner can learn to communicate and act in an accepting and close way, creating a climate in the family that encourages joy and growth.

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### About the Authors

**Kirsten Seidenfaden** graduated in clinical psychology from the University of Copenhagen in 1976. She has an additional specialization in psychotherapy and supervision and further training in systemic consultation and family therapy, psychodynamic therapy and relational therapy for couples. In 1998 Kirsten Seidenfaden founded the Danish Imago Institute and in 2004 the Centre for Relational Therapy. For more than ten years the centre has been running courses for couples and parents, as well as further training in Relational Focused Therapy for psychotherapists, psychologists, and psychiatrists.

**Piet Draiby** graduated as a medical doctor in 1972. He is GP and supervisor with additional specialization in Child and Adolescent psychiatry. He was head of an outpatient clinic for adolescent psychiatry for many years and is presently in private practice. He also trained in psychodynamic therapy, gestalt therapy, systemic family therapy and therapy for children and couples.

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