

Once upon a time





A new pan European training programme designed to raise awareness of the needs of families where there is a parent with a mental illness. It also aims to build confidence and skills to enable professionals to empower the children in these families, by building their resilience, promoting their wellbeing and preventing them from developing behavioural and emotional problems.

This online resource is designed for trainers and trainees. For trainers, it provides all the materials and background reading required for you to run a two day programme. **Note that the training material is available in English, Finnish, German, Italian, Norwegian and Polish.** For trainees, you will find not only the training notes, but also a wealth of relevant resources and reading material to assimilate your learning or to investigate the topic in greater depth.

The target group for this training is professionals who come in contact with families where one of the parents has a mental illness.

This can be kindergarten staff, teachers, GPs, Community Health Staff and hospital staff such as Psychologists, Psychiatrists, Social Workers and Nurses.

It is free to register and use this training but we do ask you to cite the source.
Click on the button to the right to register or login.

[To Register or Login](#)

Collaborating Partners



The CAMILLE training was developed by Nordland Hospital Trust (Bodø, Norway) in close collaboration with the CAMILLE Project partners.

Enter's 'Camille Project'

Focused on improving the competence of professionals working with families with a parent who had a serious mental health condition.

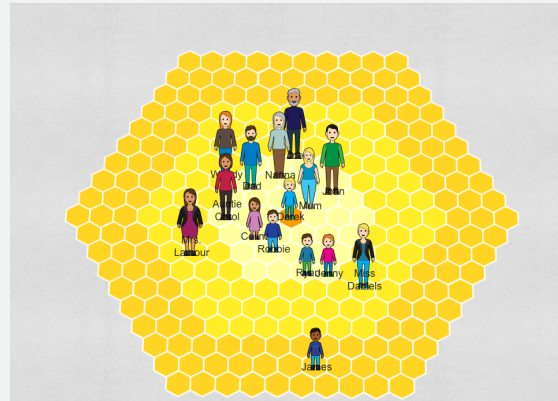
They produced eleven principles for workers to empower these families:

1. Become aware of the needs of these families, especially the issues faced by the children.
2. Be aware of and connect with all the different agencies and professionals which can help the family communicate with and support each other.
3. Consider the whole family and the relationships between the family members.
4. Focus on what creates resilience and well-being in the child.
5. Look for the strengths of all family members and help the family to develop these to support each other.

6. Be consistently tolerant, respectful and compassionate to each person involved.
7. Encourage open communication about mental illness and substance abuse between family members and professionals.
8. Nurture the parent's capacity to be warm and responsive to their child.
9. Listen to the family's agenda. They need to decide what's important for them.
10. Think about simple, practical solutions for the family's everyday life.
11. Challenge stigma and discrimination whenever it is encountered.

People in my Life

A professional app developed for talking with children, adults, couples and families about points of view on personal relationships.



People in my Life app adds visual and spatial elements to conversations.

It helps to keep family conversations focussed and child-friendly.

Similarities and differences in how family members view and understand things become clearly apparent.

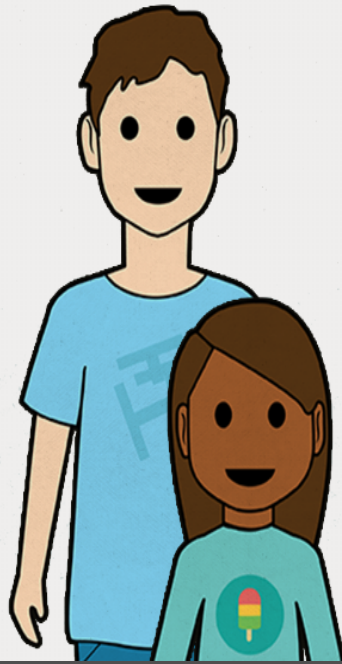
Flexible

The People in my Life app is not developed to accord to a particular method of use, but to be amenable for a variety of theoretical perspectives and professional contexts.



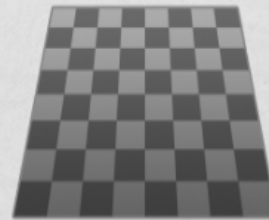
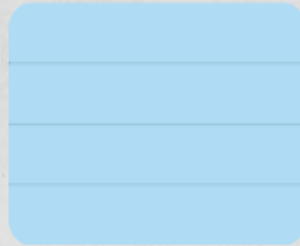
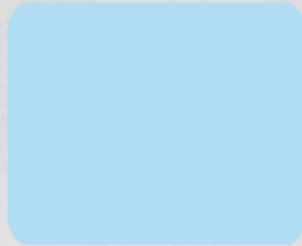
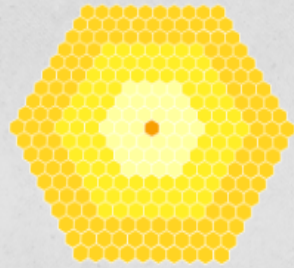
People in my Life

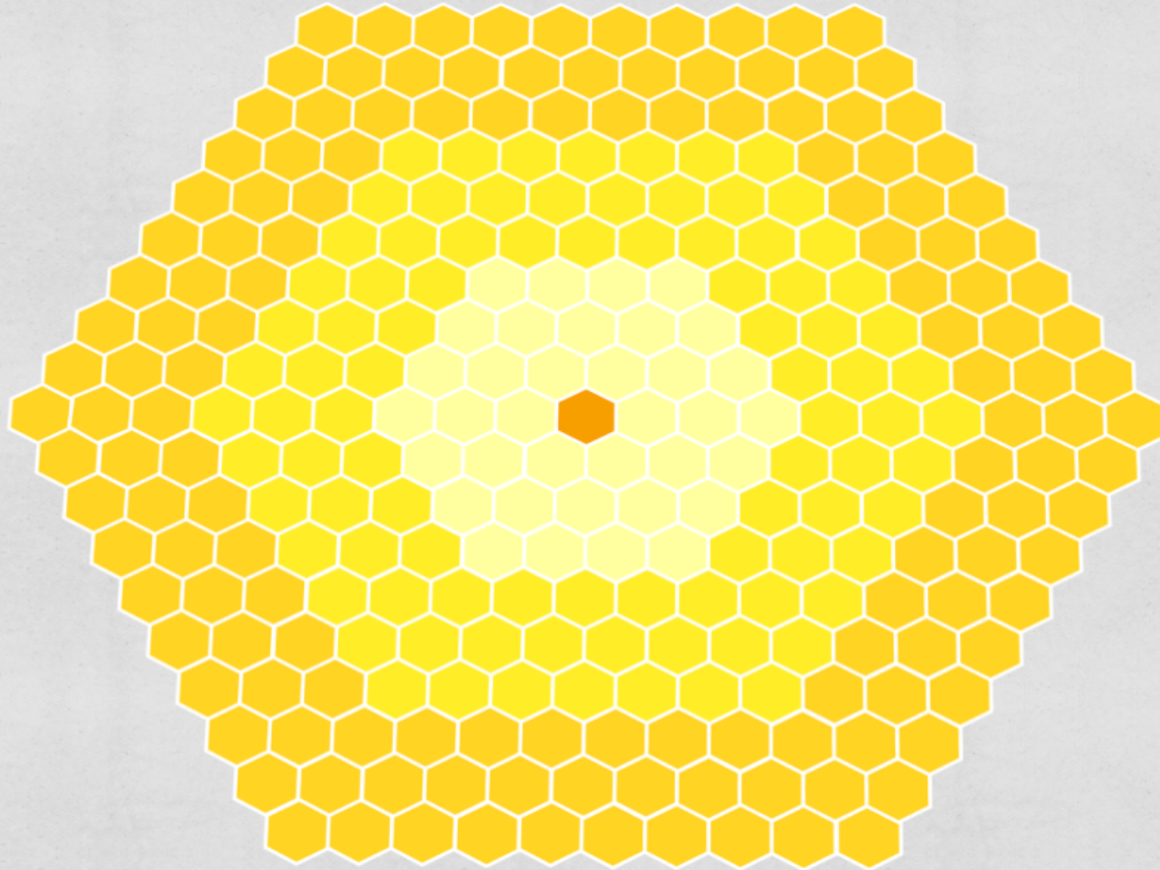
Olsen

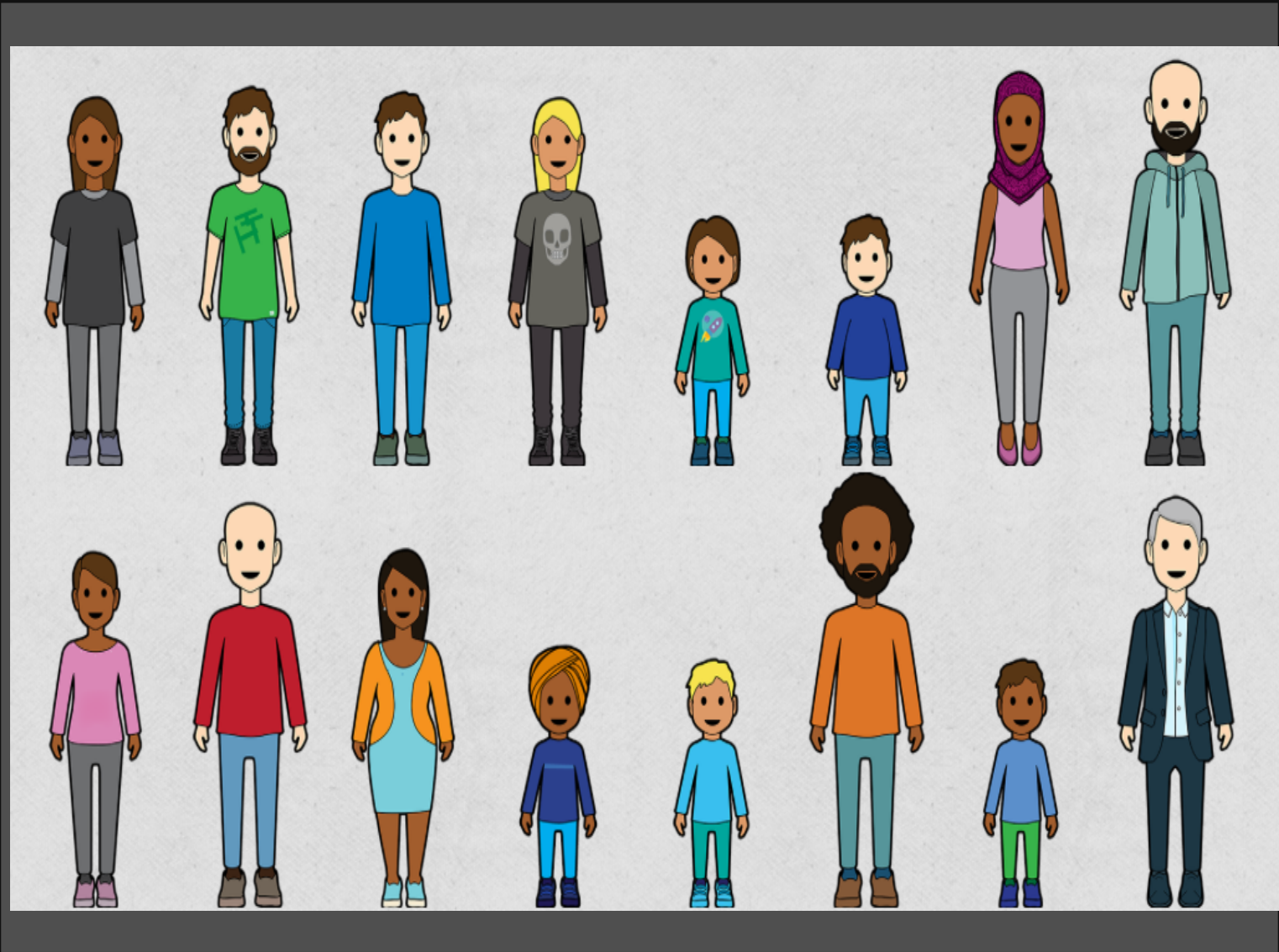


OK









Talk about things like:

How the figures are placed in relation to each other.

Which figures they think belong together. Who knows whom, how they get on, what do they do together.

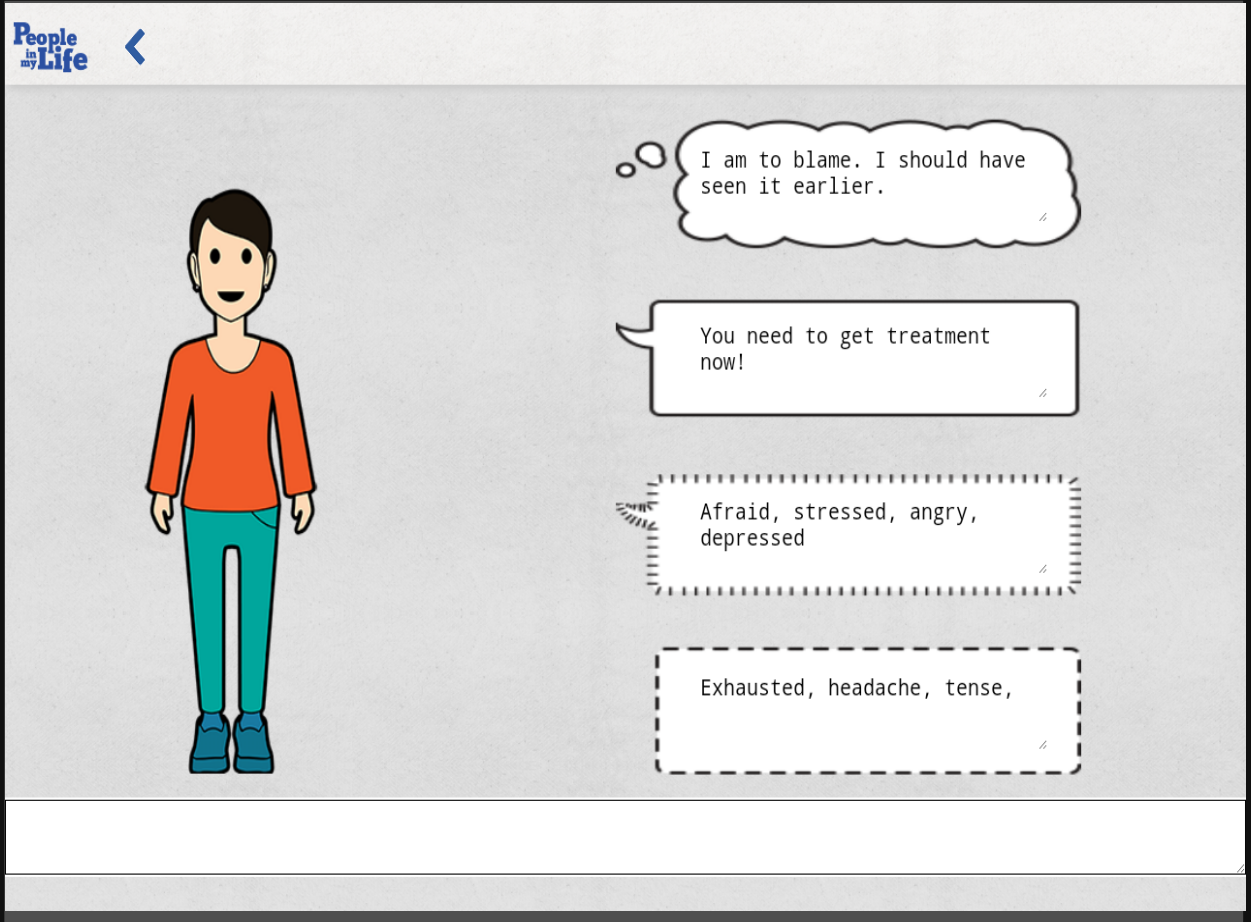
Who they think can help them with their difficulties.

Who they think understands them, who they can (or want to) talk to.

Who they look up to, have fun with, like to be with.

Who they don't like, or are afraid of and why this is

Mentalizing

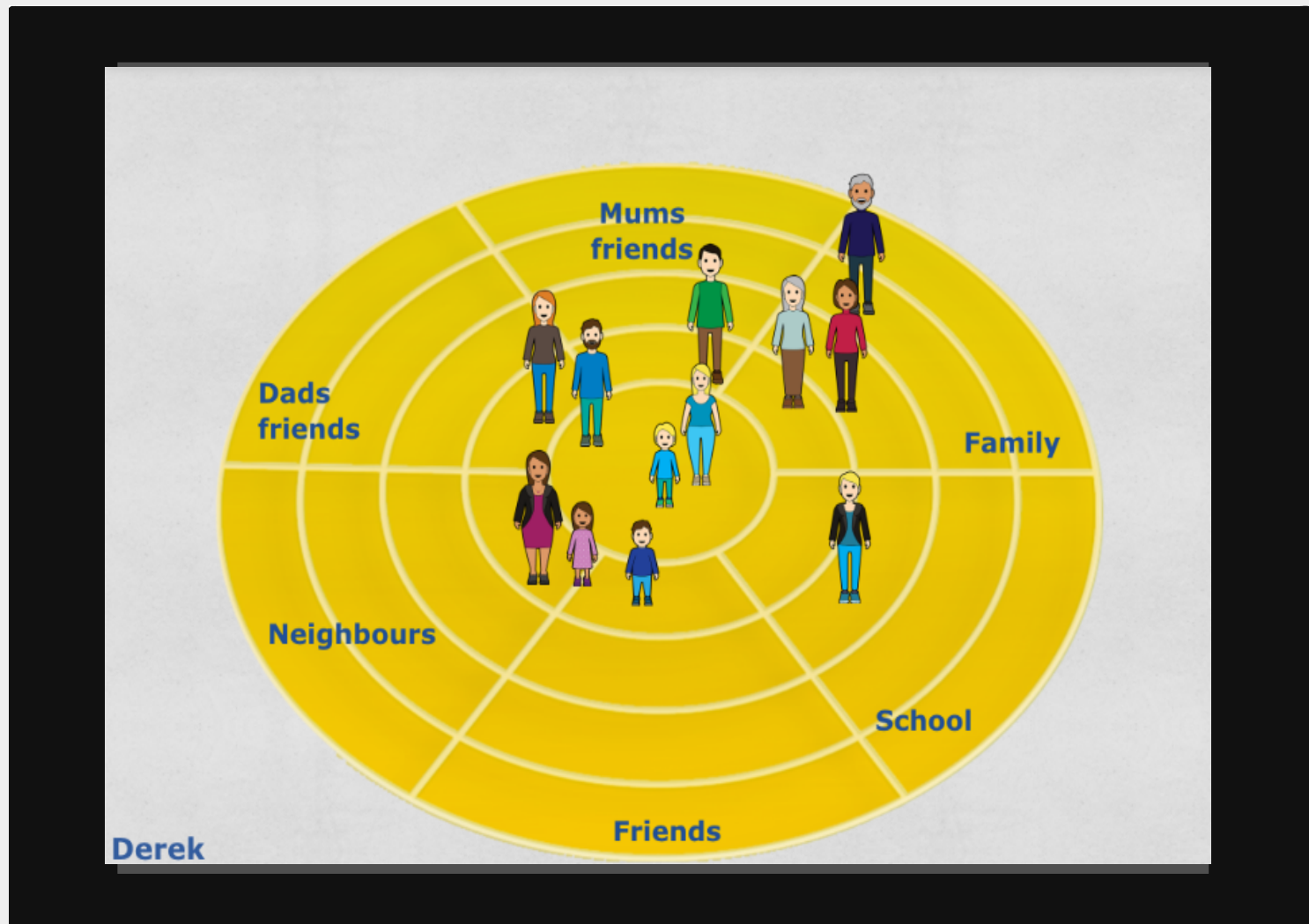


The screenshot shows the 'People in myLife' app interface. On the left, a cartoon illustration of a person with dark hair, wearing an orange long-sleeved shirt and teal pants, stands with a neutral expression. To the right, four text boxes represent the mentalizing process:

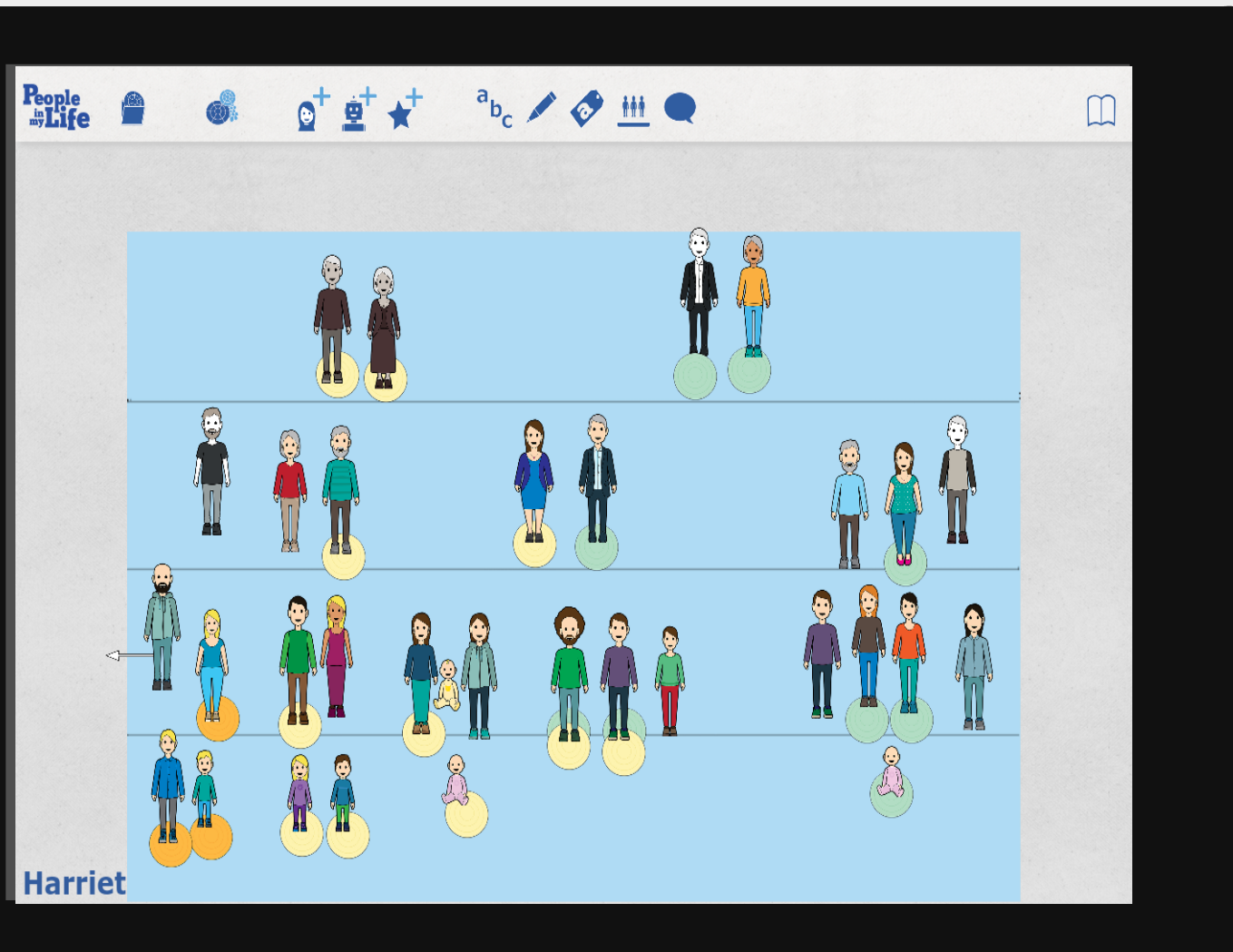
- A thought bubble containing the text: "I am to blame. I should have seen it earlier."
- A speech bubble containing the text: "You need to get treatment now!"
- A dashed rectangular box containing the text: "Afraid, stressed, angry, depressed"
- A dashed rectangular box containing the text: "Exhausted, headache, tense,"

The app logo "People in myLife" and a back arrow are visible in the top left corner of the interface.

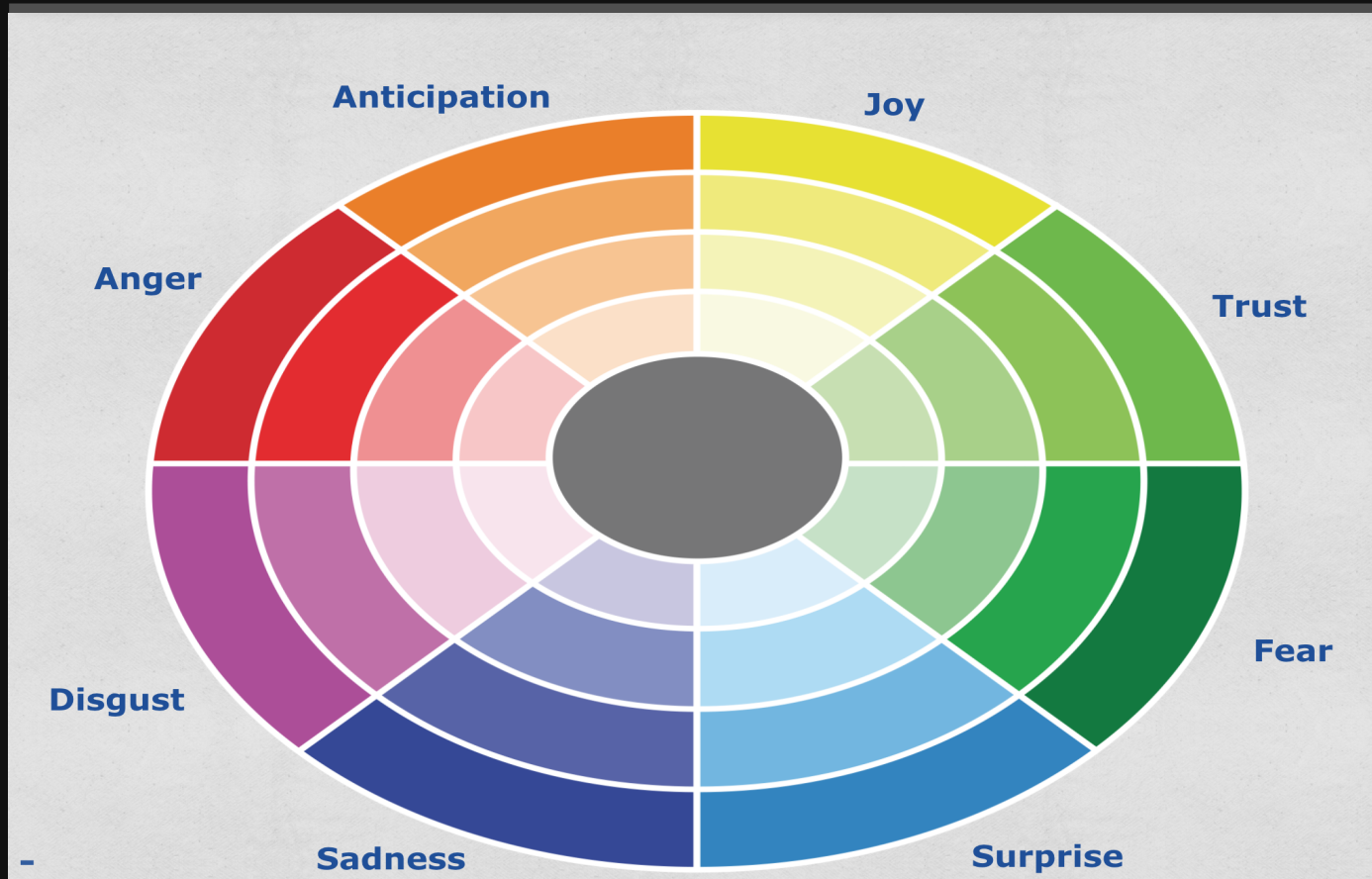
Social network



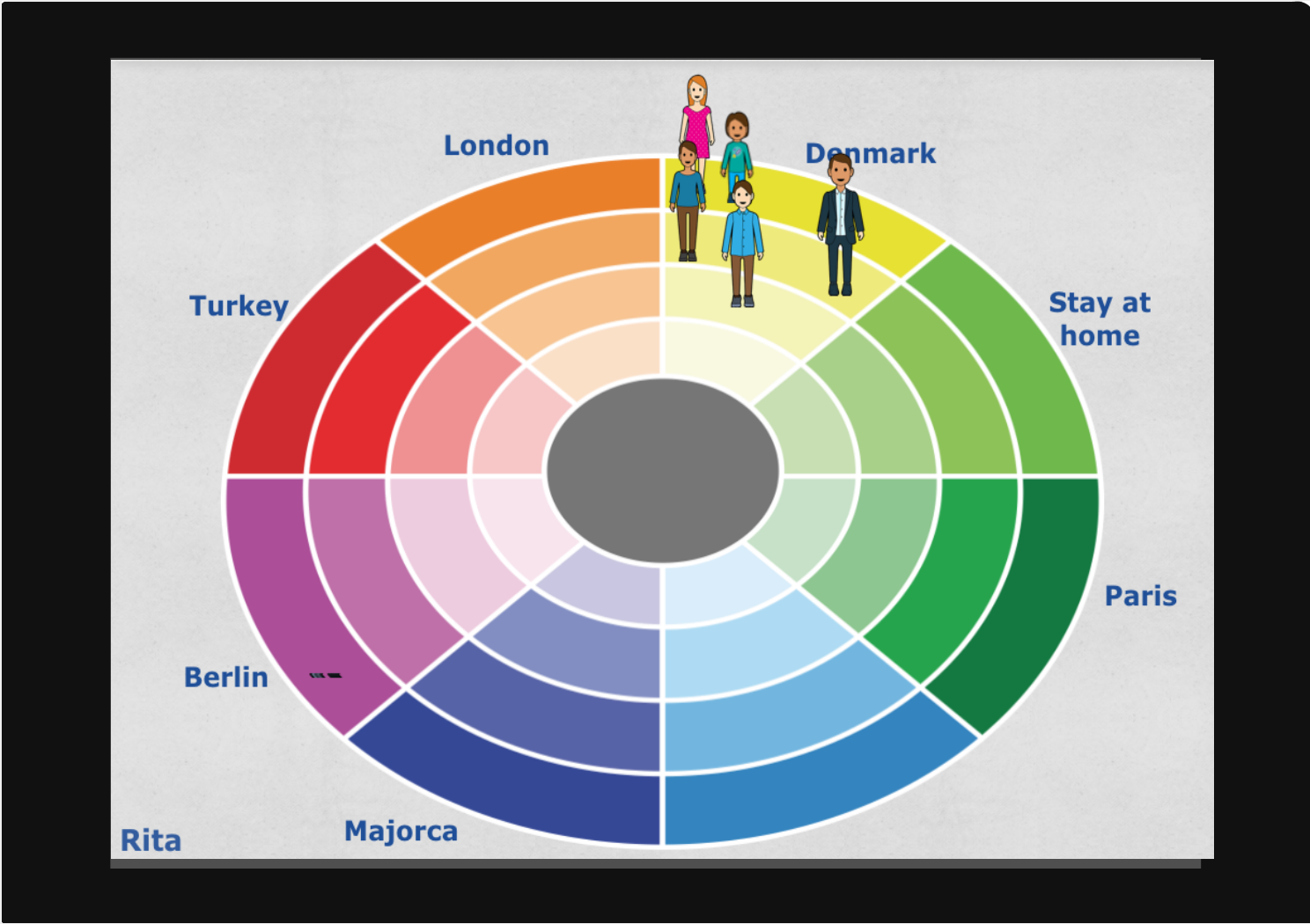
Genogram



Coloured circle - Plutchik



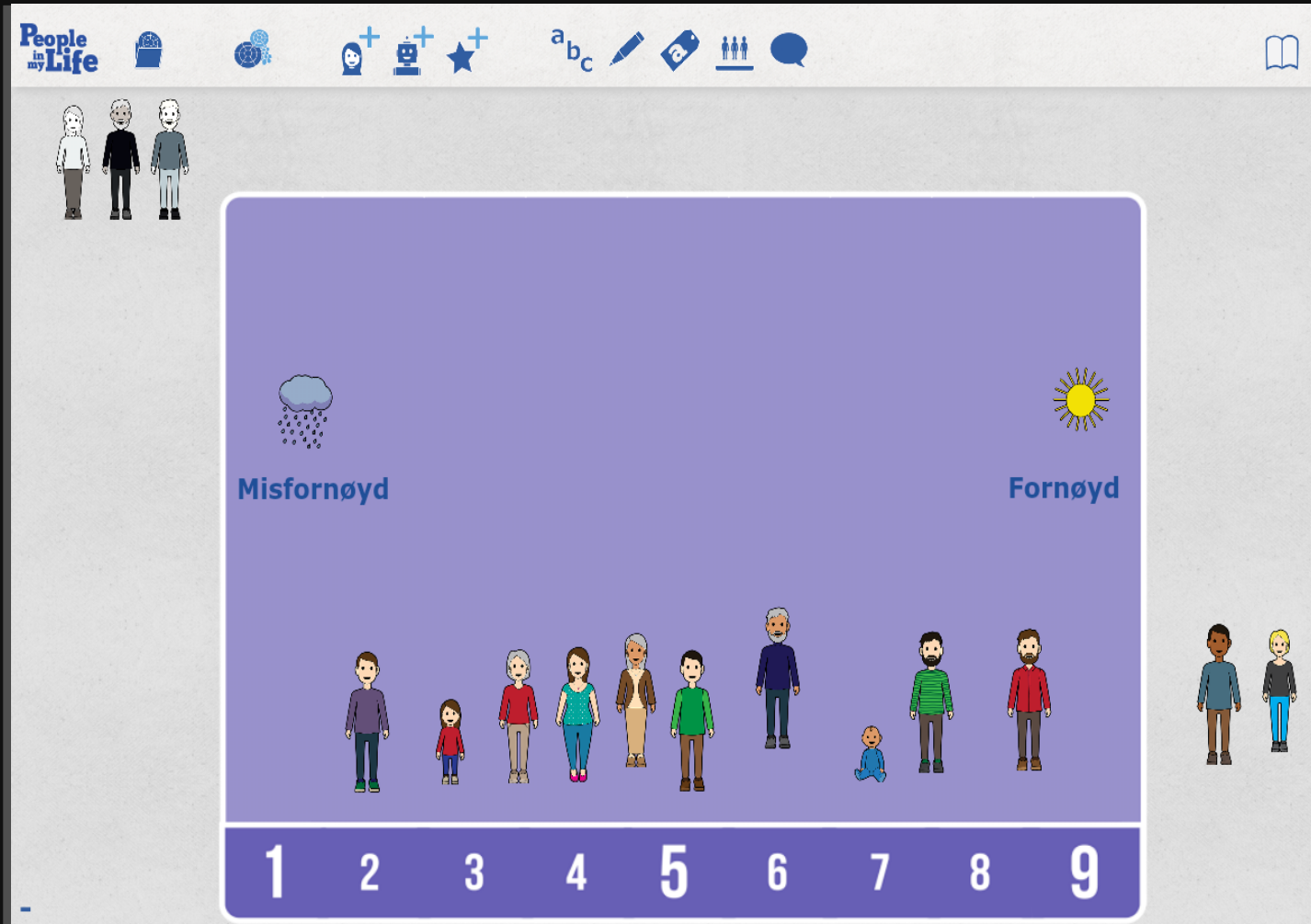
Colour circle - preferences



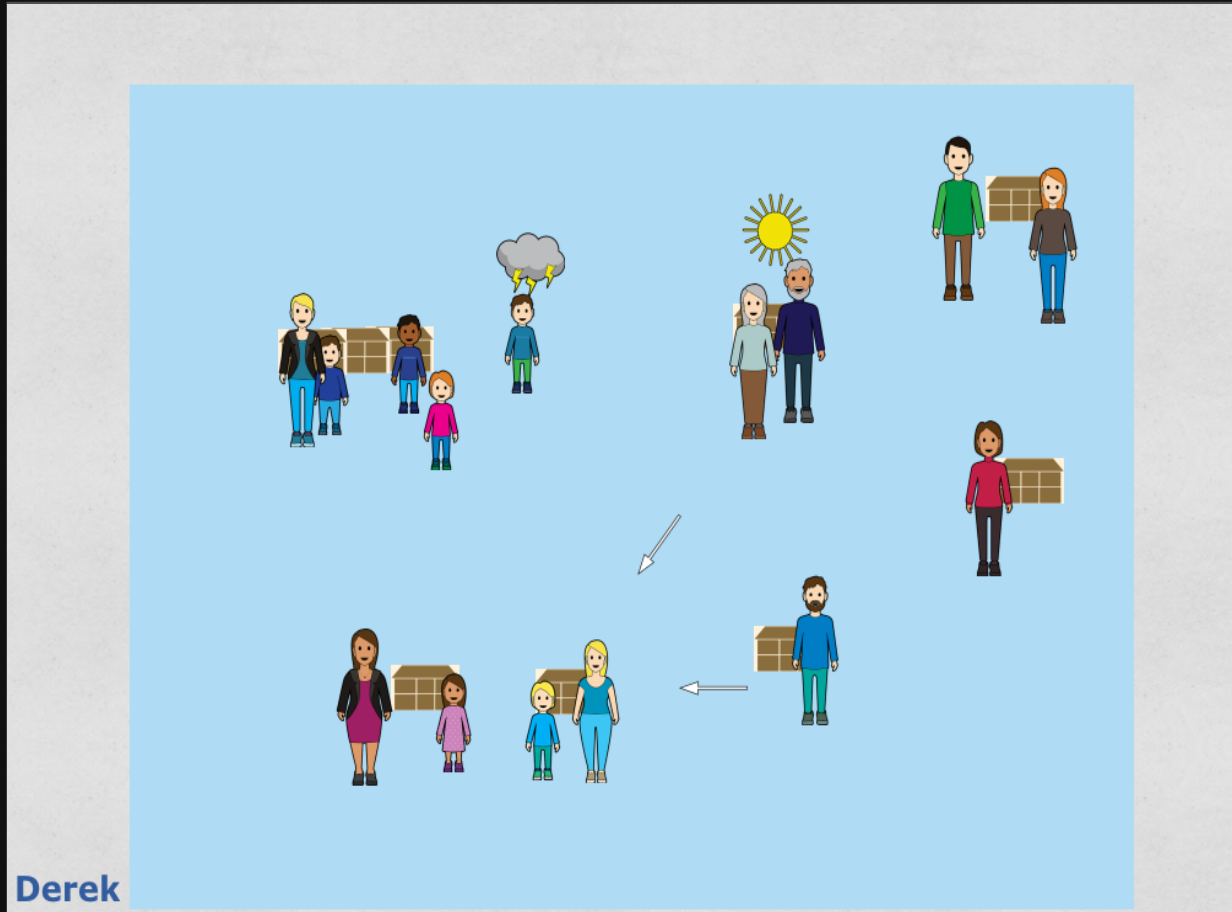
Our house



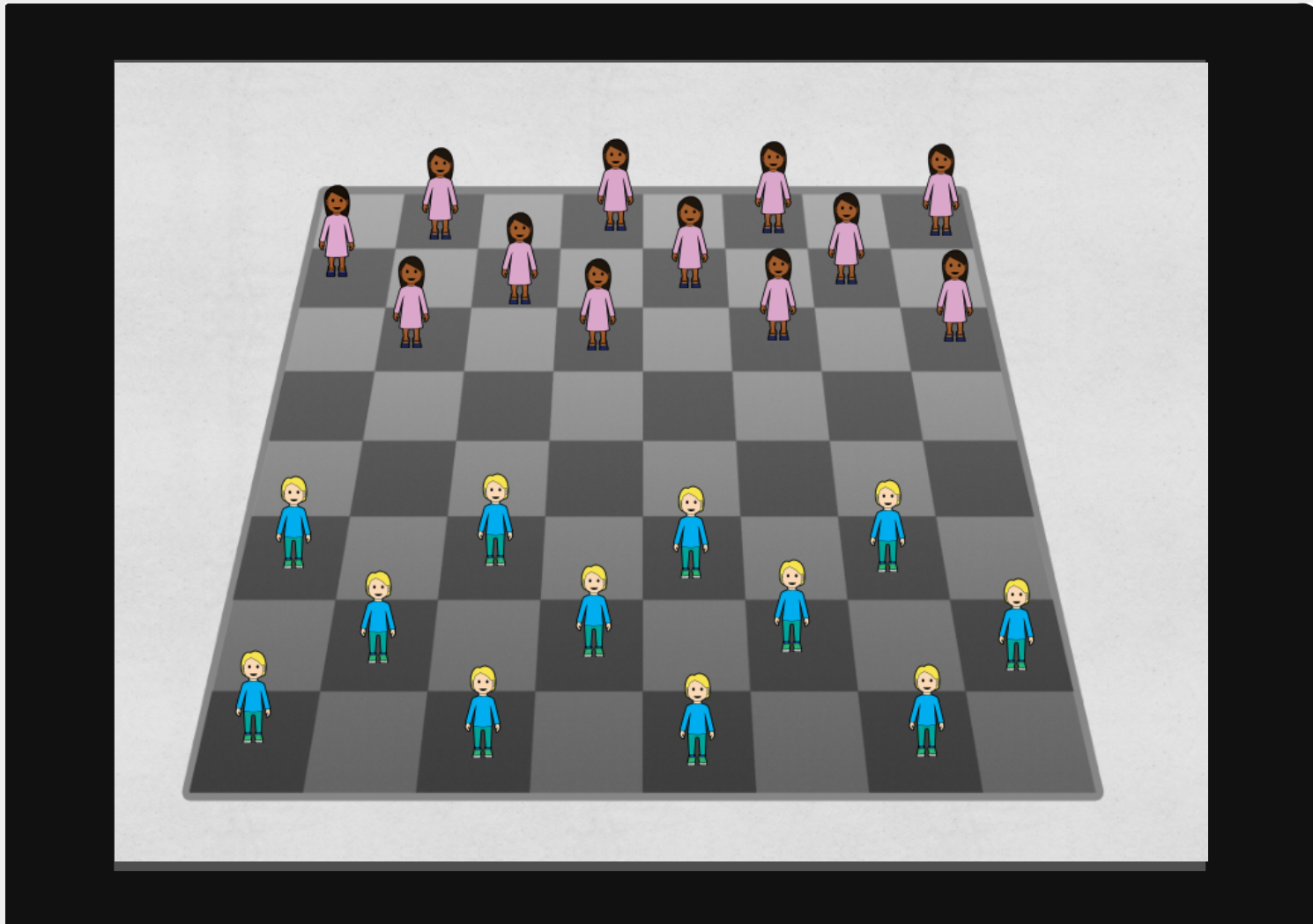
Scale



Plain



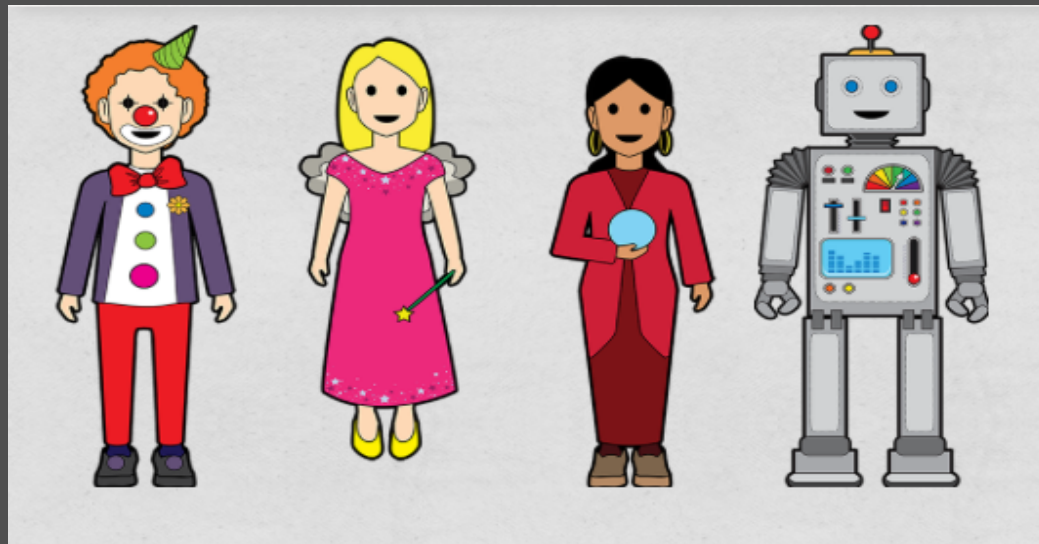
Game



The trouble trolls



Fantasy friends



Health problems

What do you know about your Dad's illness?

What is it like for your Dad?

What is it like for you?

What is it like for the others?

What thoughts and feelings do you have?

Who else knows about it?

The conversation remains central, but the language is enhanced

This is about inviting participants into an augmented form of conversation that comprises additional visual elements and a focussed structure

However, the intention of the conversation remains the same

The skill of the therapist to be astute and recognise creative potential is still of the utmost importance

