

## **EXPERIENTIAL STRATEGIES IN THE COUNSELING OF PARENTAL COUPLES GOING THROUGH DIFFICULT SITUATIONS**

Elena Anghel Stănilă\*  
"Titu Maiorescu" University  
Romania

### *Abstract*

*Nowadays, an increasing number of parents seem to be extremely focused on the needs of their children and their evolution. The educational psychologist or the counselor can develop a multitude of methods and techniques in order to help them become more aware of their children's' personality, to respond as adequately as possible to the features and needs of their children, and to resolve certain difficult situations that may arise between the parental dyad and the child. In this article, I will present a personalized working strategy for the parents going through such difficulties and who are eager to act on their role as parents, a role that I have been dealing with over time, during my activity as a psychologist.*

*Keywords: experiential psychotherapy; parental couple; mutual parenting*

---

\* Lecturer, PhD, Faculty of Psychology, "Titu Maiorescu" University, Bucharest, Romania; educational psychologist, counsellor and psychotherapist; e-mail: [elenaanghel2001@yahoo.com](mailto:elenaanghel2001@yahoo.com)