

**PARENTS' PERSONAL DEVELOPMENT WITHIN THE
EXPERIENTIAL GROUP. STRATEGIES, METHODS
AND WORK TECHNIQUES**

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Abstract

Psychologists offer counseling and personal development sessions for parents of all ages and their curriculum is getting more and more appealing. I had the pleasure of creating and developing an interesting working methodology with adults who wish to become better people and who understood that personal development sessions are not only a great option for children but also for those who wish to be role models for their sons and daughters. In this article I will share my experience in working with parents and I hope it will catch your attention and that you will be able to connect it with your own experience so that you can count on important support in assuming and handling one of the most difficult roles – the one of being a good parent, one who adapts to the uniqueness of his or her child.

Keywords: personal development; information; formation; re-formation; parent role; seminars; workshops; personal development program

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