



## FairyTaleGroup Information Letter

### Dear Parents!

We are happy to welcome you in the **FairyTaleGroup program** of the **Hogy Vagy Egyesület!**

### Our program: 10+2 sessions

- 2 group leaders guide the permanent group of 5 children, in English
- Introductory individual consultation session for the parents
- 10 x 45 min. group sessions for the children
- For children aged 6-8
- Final individual consultation session for the parents
- Personal feedback about each child
- The fee for 10+2 sessions: 96.000 HUF
- Dates:
  - first parent consultation: from 25th February
  - children's groups: from the 4th of March
  - on Tuesdays 16:30-17:15
  - final parent consultation: the week after the final group session (in the end of May)

### Our method

Our **mentalization based** and **emotional-focused methodology** helps children to recognize and understand their own and others' feelings, and thus supports their self-confidence and skills to deal with social situations. They gradually learn to manage their emotions, and their self-knowledge becomes more sophisticated.

### What is mentalization?

The skill of **mentalization** enables us to interpret human behaviour automatically along inner mental states (desires, feelings, intentions, etc.) We can distinguish between an **outer and an inner world**, we understand that behind the behaviour of another person there are various inner states that only the other person has access to. It enables us to approach ourselves from an outer, and the others from an inner perspective. Mentalization is the key to our emotional and personality development and **behavioural regulation** cannot be effective without this skill.

### What happens in our sessions?

We enhance the children's emotional development through playful rituals, interactive storytelling and drawing. Discussing and understanding the feelings, desires and thoughts of the characters plays an important role in the learning process. We associate the characters' emotions with the children's own experiences and bodily sensations, and help them in the process of verbalization.

Please note, that because of its effect on group dynamics, we are not able to take siblings or best friends in the group.





Before your child's 10 group sessions we conduct an individual parent consultation to discuss emotional development and our method. You will also have the opportunity to share your questions about your child.

After the 10 group sessions we invite you to participate in our closing parent consultation where we share the experiences of the program and we will have the opportunity to think together about your child's development.

### **Our responsibilities**

The FairyTaleGroup is an **emotional focused activity** that aims to enhance the children's **skills** in recognizing their own, and others' feelings in a playful and interactive way. This process promotes orientation in social situations, and enrichment of the emotional expression. It is important to note however, that the group does **by no means** undertake or substitute psychotherapy or special education.

### **The program is recommended for children who**

- feel anxious or reserved
- are introverted and feel unsure about their role in the group
- have difficulties in controlling their emotions
- have difficulties in contacting others or managing social situations
- have problems with integration into groups

### **Why do we recommend our program to expat children?**

In our program we pay special attention to the difficulties of the children who come from a different cultural and linguistic background. We facilitate their cultural pliancy, their integration into the kindergarten community, and the development of their social skills.

### **The criteria of participation**

- The FairyTaleGroup is a 10 session course that runs with the **same participants**. In order to maintain the stability of the group's dynamics, we recommend that the children attend all 10 sessions.
- For the same reasons we cannot take siblings or best friends in our group
- The children who participate are expected to be ready to come into the 45 min sessions alone (without their parents), and to be able to listen to a 15-20 min story.

### **Consultation session for parents**

**Before** the children's 10 group sessions we conduct an individual parent consultation to discuss emotional development and our method. The parents will also have the opportunity to share their questions about their child.

**After** the 10 group sessions we invite the parents to participate in our closing parent consultation where we share the experiences of the program and we will have the opportunity to think together about their child's development.





### Group leaders

- **Piroska Sándor, PhD** psychologist, analytic child therapist
- **Eszter Csillag** psychologist, parent-infant and child consultant

### Privacy

All information about the children and their parents are handled confidentially according to the privacy [regulations of the psychologists' code of ethics](#).

### Application

You can find the application form on our website or if you [click here](#).

Application deadline: 13. 02. 2019.

If you are interested in the program feel free to fill in the form and raise your questions.

We respond to every application via email and send a prepayment request before the start date. We can only receive children whose payment is completed before the first group session. In case of non-payment we understand it as withdrawal, and we will call a new participant from our waiting list. After we start the sessions **we cannot refund the payment**.

In exceptional cases we will make an effort to find a reasonable solution.

**Account number: 16200151-18536364**

### About us

#### What we believe in

"Hogy Vagy?" means "how are you?" We believe that this is the most important question. Our aim is to encourage people to ask themselves this question, and answer it sincerely. And that they ask others as well. We believe that everyone is entitled to self-awareness and mental health. In "Hogy Vagy" we are striving to make these accessible to everyone, be it a socially disadvantaged child or a child living under exquisite social conditions. This is our way of promoting the integration of children in various communities, which on the long term might contribute to the diminishing of social inequalities.

#### How you can contribute

The income of the english-language groups you pay for enables us to go on working voluntarily with socially disadvantaged children.

#### What we are proud of

In the past year 38 socially disadvantaged children participated in our emotional focus groups. According to our efficiency testing the children have made a significant progress due to our sessions. The feedback we have received from the teachers and the parents have confirmed that regardless of family, or social background, our groups have a developmental effect.

#### Would you like to learn more?

Please visit our website: [www.hogyvagy.hu](http://www.hogyvagy.hu) or our [facebook](#) site, or contact us via email: [hogyvagyegyesulet@gmail.com](mailto:hogyvagyegyesulet@gmail.com)

