

R.Y.P.P

Respect
Young
Person's
Programme



**Delivered in your local area by
The Wish Centre - 0300 561 0440**

**A Programme that puts the family at the
centre of resolving their conflict.**

Conflict between a young person and their parent/carer can be a normal part of maturing, but occasionally it can lead to abuse or aggression towards that parent/carer.

As we know, difficulties are more readily addressed when all parties feel that they have appropriate input into the solution, and that's what RYPP aims to do.

RYPP is a programme for young people aged between 10-18, together with their families, which aims to address violent or aggressive behaviours by the young person towards their care givers.

The RYPP runs for 11 weeks and consists of 18 sessions - 9 with the young person, 7 with the parent/carer and two as a family. The programme is delivered by Wish Centre practitioners.

The work with the young person addresses:-

- Insight into violence/abuse and its effects
- Emotional regulation & awareness



- Solution focused work / goal setting
- Cognitive behavioural work
- Empathy building
- Conflict resolution

Work with the parents and family includes making family agreements, insight into the young person's behaviours, de-escalating situations and ensuring effective boundaries.

RYPF can be useful in also addressing difficulties such as:-

- Difficulty with attachment
- Low empathy
- High entitlement
- Poor school attendance or academic achievement
- Difficulty with emotional regulation
- Problems with conflict resolution

and seeks to improve:-

- emotional well-being (coping with anxiety, anger, depression, emotional self-regulation)
- family communication and relationships
- parenting confidence and skills
- the young person's insight to their own behaviour

leading to a reduction in verbal and physical aggression.

Contact us for further details or a referral form on
0300 561 0440 or info@thewishcentre.org

