

Oxfordshire Friends and Family Empowerment service

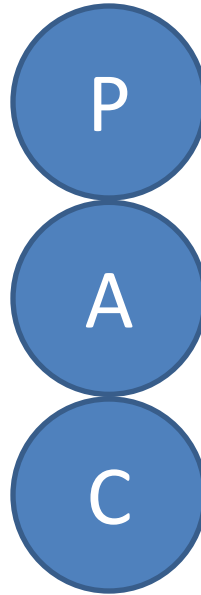
(OFAFE)

Very brief overview...

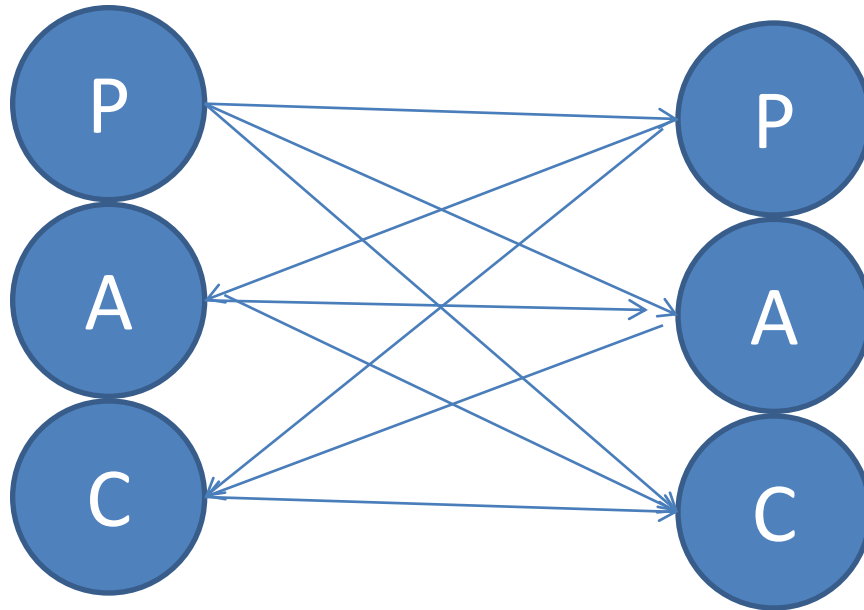
- Support and psycho-educational service for 'loved-ones' of individuals with PD or complex emotional needs
- Running since 2005
- Joint project between CNS and Rethink
- No waiting list
- No formal diagnosis needed or engagement in services.
- Central ethos is EMPOWERMENT

- Co-creation of difficulties and exploration of what the loved-one contributes to the dynamic is also key
- This is explored using a range of concepts from Transactional Analysis such as the Drama Triangle (Karpman, 1968) and ego states (Berne, 1961)

'Healthy' functioning adult (Berne, 1961)



'Healthy' functioning adult to adult relationship (Berne, 1961)



Symbiosis

(Schiff and Schiff, 1971)

