

M·R·C·S

Marriage & Relationship
Counselling Services



Family Support Agency

TEEN BETWEEN

The Teen Between® service is provided through MRCS (Marriage and Relationship Counselling Services).

MRCS is an approved organisation by IACP (Irish Association for Counselling and Psychotherapy).

web: www.teenbetween.ie

email: teenbetween@mracs.ie

locall: 1890 380 380

MRCS is a registered charity – number CHY7022

Teen Between is supported by the Family Support Agency

Teen Between,
38 Upper
Fitzwilliam
Street, Dublin 2

MRCS

MRCS was founded in 1962 and is Ireland's leading non-denominational counselling agency providing counselling services to those with problems in their personal relationships. Our services are provided to all sections of the community, irrespective of social class, religion, gender, ability, colour, creed or ethnicity.

MRCS provides these counselling services regardless of the client's ability to pay.

OTHER MRCS SERVICES

- › **Couple Counselling** - providing counselling for those having relationship difficulties.
- › **Psychosexual Therapy** - providing counselling, through specially trained and accredited counsellors, to individuals and couples experiencing sexual problems.
- › **Marriage Preparation Courses** - provides a unique Marriage Preparation approach whereby the couple get the dedicated attention of a trained couple counsellor (one couple – one counsellor) to help them prepare for married life.
- › **Professional Training** - providing high quality training to professionals who want to work in couple counselling.
- › **Affordable Courses To The General Public** - tailored programmes and seminars designed to help people in difficult times and also to help prevent relationship problems. For example there are courses on topics such as 'Life After Separation and Divorce', and 'Positive Parenting'.



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**TEEN
(BETWEEN)**

Counselling for teenagers
of separated parents

INFO
for teens and parents





TEEN (BETWEEN)

Don't bottle it up

THINKING OF THOSE WHO MIGHT BE FORGOTTEN

When a relationship breaks up, it's not just the couple who have to cope with the emotional upheaval. The children too can suffer – anger, shock, confusion, disbelief, a sense of uncertainty and even a strong feeling of guilt that it was partly their fault.

Teen Between is a specialised counselling service designed to help teenagers to cope with their parent's separation or divorce. Teen Between can also help young adults who have experienced their parent's separation during their teenage years.

TAKING THE FIRST STEP

Contacting Teen Between is the first step (details are on the back of this leaflet). This is usually taken by someone who feels that a young person they know is suffering because of divorce or separation. It could be a parent, a friend, a relative, a youth worker, a teacher – or even the young person themselves.

If it's agreed that counselling could indeed help and if the young person feels that they are ready for counselling, then the process can begin.

If the teenager feels that they are not ready for counselling at this stage, then it is best not to continue, but at least they now know that we are here for them when they are ready.



TEEN (BETWEEN)

Confidential support

READY?

Both parents should be aware that their son or daughter is ready to seek help. If the teenager is under 18 years of age the written permission of one parent – usually the one they're living with at the time – is required.

The counselling sessions will take place after school hours, one session per week, and will usually last for one hour. Parents are welcome to attend part of the first session to discuss any queries they may have.

WHO WILL THE TEENAGER TALK TO?

Teen Between counsellors are highly qualified professional, experienced, relationship counsellors who have undergone further specific Teen Between training.

- › A Teen Between counsellor will listen.
- › The young person can talk freely about their real feelings to the counsellor as Teen Between counselling is confidential.
- › Particular emphasis is placed on the young person 'negotiating' their relationship with their parents.
- › The young person does not have to feel that the break-up was their fault, or that they must take sides.



TEEN (BETWEEN)

Feeling confused?

REAL PRACTICAL HELP

With Teen Between the young person and the counsellor work together to resolve the problems that concern them. The full situation is explored: why the parents separated in the first place, the relationship of the young person with their parents at that time and how the new situation has affected them, with the emphasis being on post-separation relationships.

IS THERE A COST?

The young person is never asked for payment. Parents may be asked to make a contribution, but Teen Between counselling is provided regardless of the parent's ability to pay.

“ I now understand my mother better and see why it is difficult for her to be both mother and father. ”

“ I feel a huge weight lifted from my shoulders. My anger has gone. I can now tell my father how I really feel and know that he is hearing me. ”