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## ABSTRACT

Management of counselling and guidance for parents: Focusing on the therapist's internal frame of reference and intervention

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During the parental interview portion of their child's therapy, focusing too much on the parents' problems can promote regression, leading to poor parent functioning and possible interruptions in the child's therapy. On the other hand, failing to incorporate a parent's personal issues may result in parents not changing their parenting attitudes and maintaining a negative relationship with their child. Therefore, it is important for a therapist to listen to parents' stories using an internal frame of reference to determine how their internal object relationship affects their relationship with their children, and then to explain and share this understanding with them. This allows parents both to understand the connection between their own problems and what is going on with their children and to distinguish between the two issues. This paper will discuss how therapists can reduce the vicious cycles that occur between a parent and child, and provide clarity for the issues that require a resolution.

**Key Words:** counselling and guidance for parents, management, internal frame of reference

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