

DYNAMIS

In a chat with us you can:

Talk about how you want your life to be

Get a clear idea of what might need to be different

Improve your ability to recognise your opportunities

Think about what you are good at and how you can use your resources

Work towards achieving your aims

Contact with Dynamis does not involve registration or keeping a journal

We have a duty of confidentiality

We have an obligation to report if your child is being subjected to abuse or attacks

Please feel free to contact us to find out more

Our phone numbers:

042-10 64 18

042-10 64 49

**Visiting address:
Bruksgatan 29**

You can find our website at helsingborg.se/dynamis

E-mail:

dynamis@helsingborg.se

Visits to us are free of charge



Social Services

Discussions about solutions

What do you do if things are getting tough?

It is possible to break a vicious circle and create a good one

DYNAMIS is a municipal operation aimed primarily at parents and families with children in Helsingborg.

We also welcome anyone who wishes to come for an individual discussion.

In this brochure you can read a little bit about how we work

The aims of
DYNAMIS's
work are

- to support parents in their parenting.
- to work to provide hope and develop self-confidence.
- to strive to release and develop the resources within families.
- to ensure that work is characterised by respect for the self-determination and integrity of people.

How we work

Solution-oriented discussions mean that together we talk about how you want things to be in future Working in a solution-oriented way means highlighting what works rather than what doesn't. This is an approach that facilitates change and the emergence of new ideas.

The Marte Meo method.

Marte Meo means, literally, "by one's own strength". The method is based on communication theory and research into infants. Marte Meo is about discovering and reinforcing what is positive in the interplay between children and parents in relationships that are problematical for various reasons. You can also see exactly what kind of needs

your child has and how you as a parent can satisfy them.

CBT (Cognitive Behavioural Theory)

In CBT we work jointly on one or more associated problems, e.g. anger, fears, depression, stress. Together we draw up a list of instances of problematical behaviour and see how they work. You are then given tools and strategies to rid yourself of them or to learn how to live with them.

We also offer **parental training programmes**, in which you as a parent have the chance to practise, among other things, how to deal with situations in everyday life.