

"HEDGEHOG GIRL" – THERAPEUTIC PROCESS WITH A CHILD IN A DYSFUNCTIONAL FAMILY CONTEXT (OVERCOMING INTERNAL CONFLICTS AND TRAUMA OF PARENTAL SEPARATION AND DIVORCE)

– workshop –

The therapeutic process of a girl with impaired self-esteem, difficulties in psychological adjustment (symptoms of depression, feelings of guilt, social withdrawal, sad affect, dysphoria), and a risk to her personality development will be presented during the workshop. She exhibited distrust and withdrawal towards close people. Her adaptation within the family raises serious concerns about a delay in her adjustment to her parents' separation, as well as her exposure to inappropriate parental conflict. In this situation, the girl took on an inappropriate role of responsibility for her parents' relationship, neglecting her own developmental needs.

The issues described above were the result of a complex process, often referred to in the literature as parentification or the inversion of parent-child roles. This phenomenon often goes unrecognized at this age, particularly in children who exhibit apparently mature and responsible behavior. These children are often described in literature as the "perfect child" or "good child." However, behind this external facade, they may be struggling with feelings of emptiness, emotional exhaustion or depression (Boszormenyi-Nagy, 1973).

The presentation will demonstrate interventions focused on the child and the family system. The therapeutic process included individual therapeutic support, psychodiagnostics, parental counseling, the mother's participation in the EBTS program, including the mother in psychotherapy, and finally, the continuation of the girl's therapeutic work in a psychodrama group. The workshop will include an introductory presentation, followed by an experiential part in which all participants will be able to be engaged.



Ivana JURIĆ (Croatia), anavijuric@gmail.com

Psychologist and psychotherapist specializing in working with children, youth, and adults. Trainer at the Center for Psychodrama and UPSI (Croatia), practitioner of transgenerational psychotherapy, specialized in the treatment of eating disorders, trauma (including early trauma), loss, and transgenerational therapy, among other areas.

Leads training and workshops for child psychotherapy trainees in two psychotherapy schools in Croatia, with a primary focus on psychodrama, play and creative techniques.



Nikolina KOLIĆ ANTLOVIĆ (Croatia), nikolina.koliczg@gmail.com

Professor of Social Pedagogy and Bachelor of Physiotherapy. Child integrative psychotherapist, trainer and supervisor. For years was employed at the Correctional Institute, where the educational measure is carried out by juvenile and young adult offenders, and at the Training Center of the Prison System Directorate, as the head of the Department for the Development of Prison System Officer and Probation Training Programs.

Employed at the Izvor Center, in the field of socio-pedagogical counseling and psychotherapy of children and youth, as well as parental counseling.



Vedran KORUŠIĆ (Croatia), vedran.korusic@gmail.com

I specialized in working with children and youth through individual and group psychodrama, focusing on emotional regulation, trauma processing and attachment-based interventions. My approach integrates creative, experiential methods to support emotional expression and resilience.

I also lead training workshops for child psychotherapy trainees, emphasizing practical applications of play and psychodrama techniques.