

**Family Connections Programme in Adult Community MHS**

**Kāhui o te Ihi, Te Toka Tumai Auckland**

**May 2026**

**Leigh Murray, Whānau Advisor**

- **12 week family education course developed in USA by practicing clinicians & researchers in conjunction with family members**
  - **Co-ordinated internationally by BPD Alliance USA.**
    - **FC program in 20 countries**
- **National charity set up in 2021 with 2 day credentialed training provided annually.**
  - **FC Program available in 8 districts across Aotearoa.**

Education

Skills

Support



**3 Goals of FC Programme for Whānau**

# Course & Core Skills Overview

- There are many important skills to learn & master:



Understanding Emotional  
Dysregulation



Relationship Mindfulness



Practicing Non-Judgment



Radical Acceptance

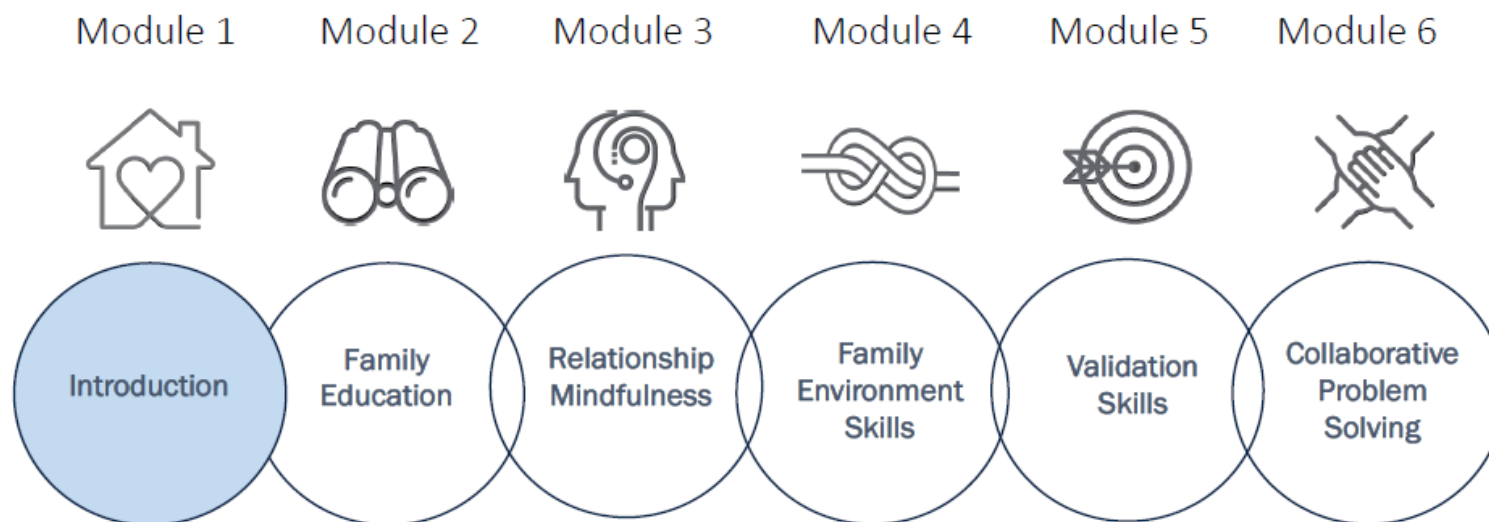


Validation



Observing Limits

# Family Connections™ Modules



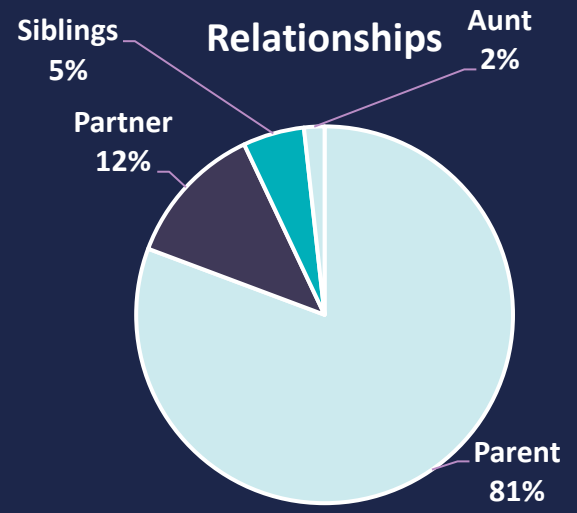
Flexible, spiral learning, built-on over time



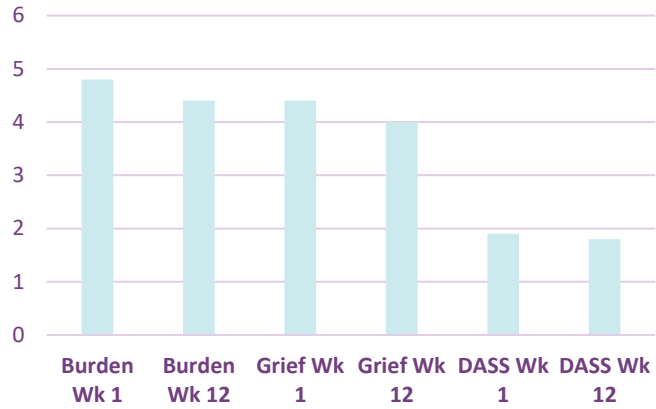
# Te Toka Tumai FC Groups 2023 – 2025

6 x 12 week FC groups delivered in adult CMHS with 60 participants

All co-facilitated by clinicians and 6 whānau FC volunteers



FC Group 1 Pre/Post Scores (13 FMs)

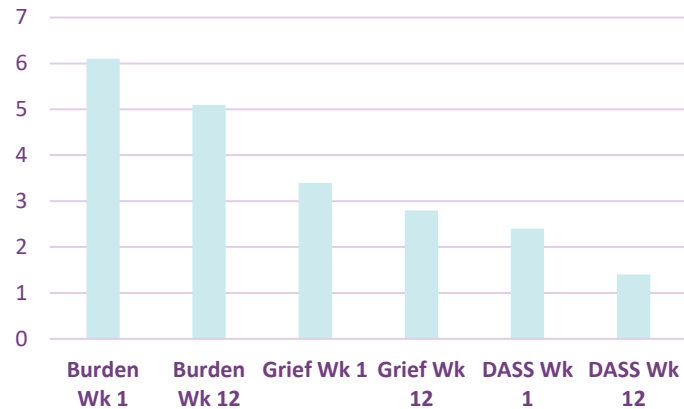


**“I’m less confused/frustrated/angry & am able to make house feel more safe & stable”**

**“Validation has been key! Don’t try & solve problems for them. The way in which we respond matters.”**

**“To have empathy/techniques to use in volatile difficult situations”.**

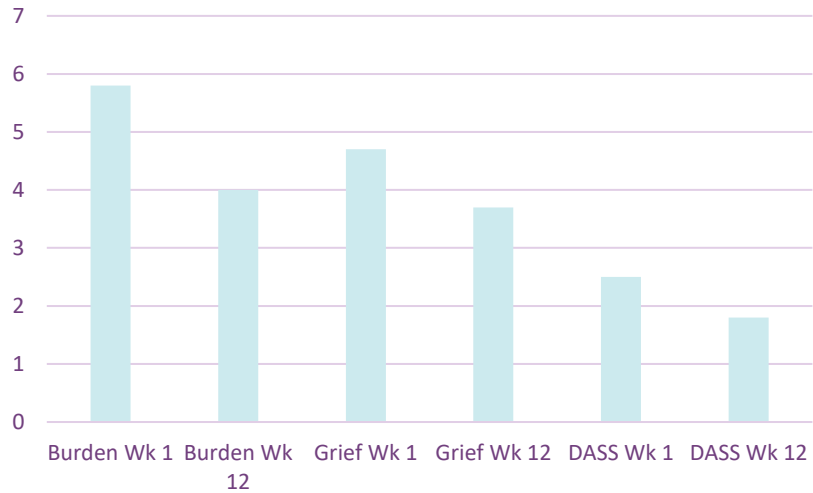
FC Group 2 Pre/Post Scores (6 FMs)



**“Focusing on the feelings & not the facts. Validation. All of it was great”.**

**“[Use] the correct language to make conversation effective”**

**FC Group 3 Pre/Post Scores (12 FMs)**

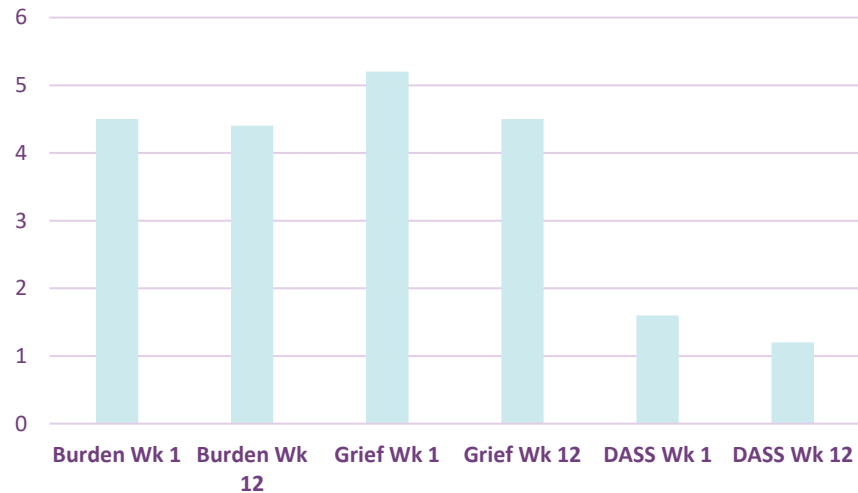


**“I have learned to listen, to pick up cues from to help from escalating.”**

**“100% using STOP and DEAR MAN has been invaluable”**

**“Am much more patient and hopeful – have had good feedback from her”**

**FC Group 4 Pre/Post Scores (9 FMs)**



**“I am able to be less emotive and more professional. The course has saved me. It’s fantastic.”**

**“Liked Anna (FM Leader) giving examples of her interaction with her daughter pre and post group and the techniques she used from the course.”**

## **Benefits of Co-Facilitation btw Clinician & Whānau Member**

**From Clinician - WMs bring credibility, modelling skills & hope**

**From Whānau member – Clinician brings experience, facts & mana**

***“Learning journey continues with every session – learning from clinician & other WMs”***