

National team for children and youth in family counselling services

«Spisskompetansemiljø for barn og unge i familievernnet»

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Family counselling services

- free, low-threshold service available nationwide to couples, families and individuals.
- provide couples and family therapy, as well as individual counselling sessions.
- Couples with young children and teenagers are given priority.
- mediation in connection with legal separation or the breakdown of a relationship
- Parental cooperation and visitation
- Courses and group programs



The background of the slide is a soft watercolor illustration. It features two large trees with thick brown trunks and dense green foliage, one on the left and one on the right. Below the trees is a horizontal band of light green and yellow, suggesting a grassy field or a path. The overall style is gentle and artistic, with a light, airy feel.

Our vision

Enable children to create meaning in their life and express their experiences and needs.

Increase professional's competence with speaking to children and increase the number of sessions where children have participated in the family counselling services.

Current projects

National guidelines: Parent-child contact problems

- How do children cope when parents are in conflict?
- Prevention and early interventions
- Assessment tool and measures for when contact between parent-child has stopped.
- Therapeutic interventions: How can we help these families?

National guidelines: conversations with children and teens

- Which services are provided for children and teens within in the Family counselling?
- Therapeutic tools for speaking with children and teens
- How do we collaborate with other relevant services?

Competence enhancement for mediators, forensic psychologist, judges, lawyers, child protection services

- Lectures and seminars
- Written articles and guidelines
- Webinars and presentations

Child participation

- Provide relevant information to children and teens about topics such as divorce, mediation, coping mechanisms etc.
- Obtaining user knowledge from children's drawings
- Focus group interviews with children and youth about service development
- Collaboration with youth councils