

The Solihull Approach in Pakistan



What an exciting moment! After two years I am sitting watching 38 women in a small room with no air conditioning and no power at all for an hour. The temperature is 40 degrees and I am watching as I cannot understand most of what is being said. I am in Islamabad attending the celebration of the women who have completed the 10 week Solihull Approach 'Understanding Your Child's Behaviour' course.

The course has been run in 3 venues and has been a resounding success to the surprise of the facilitators who, prior to running the course, insisted it was too long and they would definitely have a 50% drop out. The actual result was quite different. An 89% retention rate! 42 women completed the course and they have a waiting list for the next courses. These Urdu-speaking ladies come from a variety of backgrounds and gave such positive feedback today I know the course has made a difference to so many of these women.

Linda Norman, Islamabad

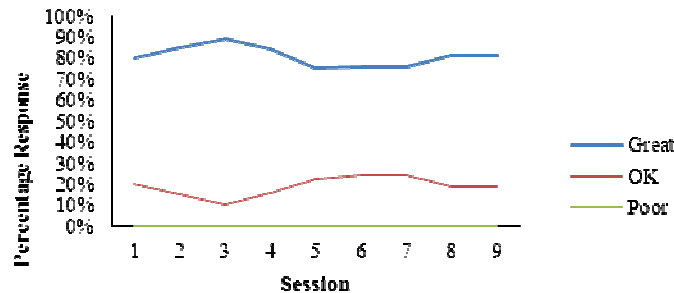


Figure 1. Parents' views about the suitability of the group to relax and share experiences, shown as a percentage of all responses for this question, across 10 sessions

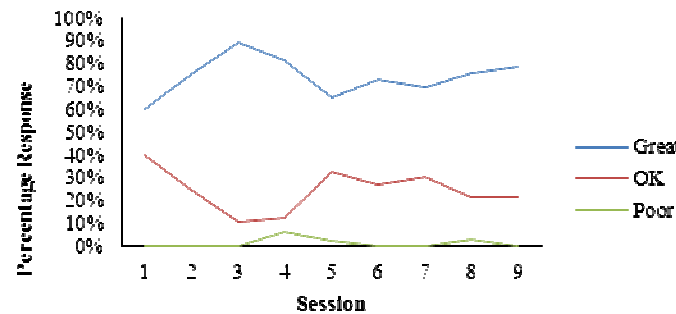


Figure 2. Parents' views about the impact of the group on their understanding of their child, shown as a percentage of all responses for this question, across 10 sessions

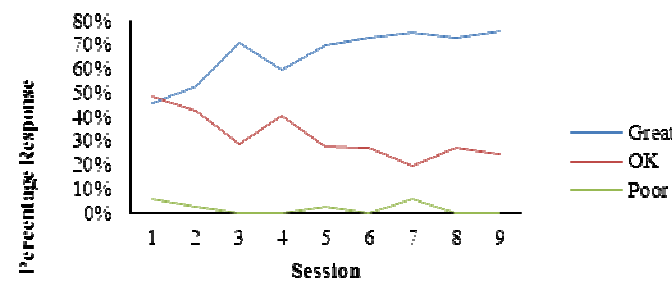


Figure 3. Parents' views about the impact of the group on them to make changes, shown as a percentage of all responses for this question, across 10 sessions

Parents felt able to relax and share experiences. This was singled out by the women as an important factor for them, as they felt listened to, a new experience for some. This factor was also underlined as important by women in Pakistan taking part in a UNICEF trial of a UNICEF intervention.

The responses to the question start from a similar baseline as from groups in the UK. Understanding increases over the first 3 sessions, as with groups in the UK.

Unlike the UK, there is a much sharper and quicker rise in the first 3 sessions in parents' view of themselves as able to make changes. In the UK the rise begins at Session 4.