

## **The SPART Method: An Integrative Clinical and Educational Approach to Ending Intrafamily Violence and Restoring Parental Authority**

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### **Abstract**

Across many countries, families struggling with a child or adolescent's oppositional, resistant or tyrannical behavior remain underserved, as existing approaches largely center on the child's diagnosis rather than the family dynamic as a whole. The SPART method, developed in France by a psychoanalyst and specialized educator drawing on 25 years of field intervention, integrates seven complementary disciplines – specialized education, systemic therapy, psychoanalysis, clinical psychopathology, transcultural approach, therapeutic hypnosis and neuro-linguistic programming – within a single clinical framework built around seven parenting pillars. The method is delivered through two complementary, fully remote programs: an individualized six-month renewable family care cycle, and a one-year collective parenting workshop co-led by trained professionals and ambassador parents. Field data gathered from several hundred families across France and diverse cultural backgrounds show a cessation or marked reduction of violent behavior from the first two to three sessions, restoration of parental authority within weeks, and durable family transformation within six months. These findings, together with a graduated professional training curriculum, position SPART as a replicable, remotely deliverable model for international pilot deployment and comparative social work research on intrafamily violence prevention.

### **Keywords**

Intrafamily violence, family therapy, parental authority, integrative psychotherapy, social work training, systemic therapy, parenting intervention.