

A Place Within

A facilitator-led reflection curriculum for organizations serving parents and caregivers of children with disabilities.

Six sessions | Led by your team

Your team knows the parent who has every fact and still cannot move. This curriculum works underneath the facts: it asks what parents already believe about disability, and helps them decide what to keep.

BUILT FOR

Parent centers, Family-to-Family Health Information Centers, disability nonprofits, children's hospitals, family-support teams, and caregiver benefit providers.

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Program Brief | August 2026

For program review only. This brief is not a contract and does not promise clinical outcomes.

Information programs reach what parents know. This reaches what they believe.

A parent can hold every fact about the IEP process and still carry a belief about disability that no fact touches. That belief decides what the parent can hear, what they can ask for, and how long they can keep going. NAMI Basics covers information; Partners in Policymaking builds advocacy; Incredible Years and Stepping Stones Triple P work on child behavior. None of them work on the story a parent is living inside. A Place Within fills that one place, beside your existing programs.

What the program is

- A six-session guided reflection curriculum
- Facilitated by staff or community leaders in your organization
- Designed for parents and caregivers of children with disabilities
- Delivered with a facilitator guide, participant workbook, and implementation tools

What the program is not

- Not psychotherapy or a clinical group
- Not diagnosis, crisis intervention, or medical guidance
- Not a validated assessment or proven efficacy intervention
- Not dependent on the researcher leading every cohort

What is different when the six sessions end

The core is twofold: relief from internalized self-blame, and the restoration of parental agency. In the research literature's terms, the sessions are built to lower affiliate stigma - the guilt and shame parents absorb about their child's disability - and to strengthen parental self-efficacy and a preferred parental identity.

For the parent

- Beliefs have names: a map of worldviews instead of a fog of opinions
- Distance becomes a choice: worldviews become something to examine, not obey
- The story has an author again - in a workbook and a web companion the parent keeps after session six

For your organization

- A standing offer for the parents information cannot reach
- A narrative questioning method your facilitators keep
- Participation and self-report numbers for funder reporting

Design goals drawn from the dissertation's five-stage method - not yet efficacy claims. Design-partner cohorts are where measurement begins. No other structured, non-clinical group program works directly on a parent's disability worldviews: information curricula equip decisions, peer support gives belonging, behavior programs address the child, therapy is clinical and one-to-one.

Research-informed, responsibly positioned

The curriculum translates the five-stage method in Chapter 6 of April Jeongyun Hur's U.S. doctoral dissertation, the culmination of a research line on this population that began in 2017 and includes five peer-reviewed articles. The dissertation used in-depth qualitative narrative inquiry; it informs the questions and structure of every session. It does not establish clinical efficacy, and we do not claim it does. Session safeguards were written from supervised clinical training in U.S. hospital and counseling settings. The group format is a deliberate choice: the research shows beliefs about disability are formed and sustained in community, so shared reflection among parents is part of the design. Adapting the dissertation's one-on-one method, clinical depth and individual intake were removed; choice-based participation, identity safeguards, and the qualified-facilitator requirement were added in their place.

DOCTORAL DISSERTATION

Finding the Practical Wisdom of Mothers of Children with Disabilities: Narratives in the Construction of Mothers' Lived Theology

Claremont School of Theology | English-language dissertation

Research links: archive.org/details/hur-2023 | KCI article ID ART002982630

One program. Six guided conversations.

01 Creating a safe story space

02 Mapping disability perspectives

03 Tracing origins, support, and impact

04 Naming costs, benefits, and tensions

05 Re-authoring a preferred story

06 Integrating insight into next steps

Included in the annual license

- Facilitator guide with exact language and response notes
- Participant reflection workbook
- Six structured session plans
- Author-taught online orientation course
- Participant web companion - access continues after the program ends
- Implementation checklist and editable outreach copy
- Annual program updates during the license term

Designed for local trust and practical implementation

Your facilitators lead inside relationships your organization already holds. The sample materials model participant choice, privacy, no forced disclosure, disability-affirming language, and clear referral boundaries.

PARTICIPANT DATA

Program delivery does not require organizations to send identifiable participant narratives to A Place Within. Any separate research participation must be optional, consent-based, and kept distinct from access to the program.

A full Session 1 preview is available at mothers.emotionography.co.kr/en/institutions.

A purchase path your team can evaluate.

Terms at a glance

License options	Single Cohort or Site Partner; final scope is confirmed after a fit review
Written quote	Provided after review of facilitator count, cohort plan, timing, and support needs
Access term	12 months beginning at program release
Payment	Terms documented in the signed agreement; purchase orders accepted
Delivery guarantee	Full refund if the complete package is not delivered by the agreed date
Ongoing support	Live online sessions with the author and facilitator email support (two-business-day replies) throughout the term
Facilitator requirement	Professional care background or supervised group facilitation experience
Founder access	Author-taught online orientation course included; live online sessions with the author on request
Founder delivery	Not required for each cohort
Clinical status	Non-clinical psychoeducation and guided reflection

How implementation works

1. Fit review

Share your setting, audience, expected cohort size, and timing.

2. Scope agreement

Document deliverables, release schedule, use rights, and payment terms.

3. Program release

Receive the curriculum and complete self-paced facilitator orientation.

4. First cohort

Run the program locally and provide structured implementation feedback.

5. Refinement

Receive annual updates during the active license term.

READY FOR AN INTERNAL FIT REVIEW?

Request a licensing conversation at mothers.emotionography.co.kr/en/institutions or email emotionography@my-emo.com.

No checkout is required. We first review fit, scope, timing, and decision process. Final terms are documented in a signed agreement.

U.S. agreements and invoices are issued by Emoceen LLC.