

ERUA Intensive Course: Challenges of Contemporary Parenthood

SWPS University in Poznań, Poland

May 14-16, 2026

Module 1 – Challenging Parenthood (Introduction)

General introduction to the topic: Main challenges of contemporary parenthood, transition to parenthood, and demography.

Module 2 – Parental Identity

Various conceptualizations and measurements of parental identity, antecedents and consequences of parental identity development.

Module 3 – Parenting and Gender

Gender norms related to motherhood and fatherhood (their roots and consequences), biological essentialism in parenthood vs gender neutrality in parenthood, measurement of biological essentialism and gender neutrality in parenthood.

Module 4 – Between Cooperation and Conflict

Parental gatekeeping (antecedents, consequences, and measurement), relationship between parents after separation/ divorce

Module 5 – Parental Burnout (PB)

Definition and measurement of parental burnout, dynamics of PB, antecedents and consequences of PB.

Module 6 – Parenthood Regret (PR)

Definition and measurement of parental regret, dynamics of PR, antecedents, and consequences of PR.

Module 7 – Education and Support for Parents

Psychoeducation for parents , preparation to parenthood, parents / couples in psychotherapy support for parents .

Module 8 – How to (not) publish on parenthood?

Overview of the guidelines concerning writing high -quality publications on parenthood and mistakes that should be avoided.

Module 9 – How to research interventions for parents?

Presentation of methodological and ethical standards practical tips for doing research on interventions for parents.

Module 10 – Developing Ideas for Future Research

Work group on developing own ideas for future research projects on parenthood (research goals, hypothesis, measures, sample, etc.) under the supervision of the lecturers.