



Concepts Calendar

September 2011 to January 2012

Welcome to the Concepts Calendar where you can see all upcoming workshops and group programs for children, parents and professionals.

Mindful Parenting Concepts

Tuesday 15th November, 7pm—8:30pm

Facilitated by Helen Tsamoulos, Principal Psychologist

A parenting skills and strategies workshop which provides evidence based research and preferred parenting skills in a small group setting, focusing on a proactive and mindful approach to children's behaviour and parents responses. This is followed by a discussion section whereby parents' specific questions can be addressed.

To register your interest for any of our programs or workshops, please call 02 9583 1069 or send an email to info@conpsych.com. Places are limited, so please book early to avoid disappointment.

Training & Development

Workshops

Designed with Provisional Psychologists, Registered Psychologists, Counsellors and Mental Health Professionals in mind, these workshops cover a range of topics and may be appropriate as an activity for Continuing Professional Development (CPD).

The workshops will be held on Friday's from 10am to 12pm at the Concepts office, 255 Rocky Point Road, Sans Souci.

There will be a different facilitator each week presenting a different topic reflective of their particular area of expertise and interest.

11th November—WISC-IV Administration: The Essentials

Providing training and the opportunity to administer the WISC-IV in an interactive group format, this workshop takes a step-by-step approach to the learning of each individual subtest and full administration of this assessment. The

important role of the WISC-IV will be discussed in broader terms, with links to further psychological and mental health assessments.

Administration of this assessment tool will be followed by basic interpretation of different profiles in an informal discussion setting.

Facilitated by Tyrone Hill

18th November—Suicide Risk Assessment

This workshop will focus on developing the skills necessary to assess a clients level of suicide risk. Appropriate intervention options available to assist clients in this situation will also be discussed.

Facilitated by Fiona Tzouramanis

25th November—Challenging Behaviours

Looking at common challenging behaviours that children engage in, why these behaviours occur and helpful strategies to assist in the management of these behaviours. Danielle will also look at how challenging behaviour assists in the diagnosis of disorders and

how this can often lead to an incorrect diagnosis.

Facilitated by Danielle Sawyer

2nd December—Childhood Trauma

Cara will present an overview of trauma and it's presentations in children. Treatment and intervention options for children with trauma histories will discussed using case studies.

Facilitated by Cara Lucas

9th December—Eating Disorders & Acceptance Commitment Therapy (ACT)

This workshop will explore how Acceptance Commitment Therapy, which focuses on Mindfulness, can be used specifically to assist clients with an eating disorder.

Facilitated by Juliette Mackey

Bookings are essential as there are limited places available.

Please register your interest by calling 02 9583 1069 or email info@conpsych.com.





Concepts Calendar

Upcoming group programs for children and adolescents

Body Concepts Group Program

Wednesday's from 4pm—5:30pm; weekly from 26th October to 16th November

Aimed at adolescent females aged 14—16

Facilitated by Cara Lucas and Juliette Mackey

A preventative body image program which includes education and strategies to assist young people in understanding the impact of negative self perceptions and external influences on their body image and self esteem.

C.H.I.L.L. Group Program

Thursday's from 4pm—5:15pm; weekly from 27th October to 24th November

Aimed at children aged 10—12

Facilitated by Fiona Tzouramanis and Danielle Sawyer

An anxiety based program addressing unhelpful thinking patterns and physiological reactions to stress and anxiety. Incorporates strategies to assist with identifying and reframing of unhelpful thinking patterns and the alleviation of physiological symptoms.

**For more information or to book in for a program,
call 02 9583 1069 or send an email to info@conpsych.com**

January School Holiday Programs

Working Together Group Program

**Monday 9th—Thursday 12th January
9am—11am**

Aimed at children aged 6 to 8 years old

A social skills and self-esteem program designed to develop and enhance a child's confidence, social skills and self-esteem and providing practical strategies within a supportive small group environment.

Transitions Group Program

**Monday 9th—Thursday 12th January
10am—12pm**

Aimed at students entering high school in 2012

A practical program designed to assist children with the transition from Primary School to High School and the challenges and changes involved in this time of transition.

Working Together Group Program

**Monday 16th—Thursday 19th January
9am—11am**

Aimed at children aged 9 to 11 years old

A social skills and self-esteem program designed to develop and enhance a child's confidence, social skills and self-esteem and providing practical strategies within a supportive small group environment.

Body Concepts Group Program

**Monday 16th—Thursday 19th January
10am—12pm**

Aimed females aged 12 to 14 years old

A preventative body image program which includes education and strategies to assist young people in understanding the impact of negative self perceptions and external influences on their body image and self esteem.

