

JAN WEST

BA (PSYCH)
MA (PSYCH)
DIP. ED
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MCCOUNP



Jan has spent a number of years working with children and adolescents with mental health and behavioural problems, both in the public and private sector.

She specialises in working with children with Attention Deficit Disorder and Asperger's.

She has developed and implemented a number of programs to assist children, adolescents and their parents.

Jan is also an accredited provider of the Triple P Parenting Program.



FRANCESCA HARVEY

BA (PSYCH)
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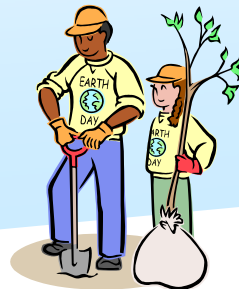


Francesca specialises in children and adolescents with learning and behavioural difficulties.

She has devoted much of her time working with children diagnosed with Attention Deficit Disorder.

She has a Masters in Family Therapy and recognises the importance of working with families as a whole.

Francesca designs and facilitates effective programs for children, adolescents, parents and schools.



Solution Focus Psychology

KIDS

TRIPLE P

POSITIVE PARENTING
PROGRAM



Your guide to better parenting.

Suite 301, Level 3, 84 Pitt St,
Sydney NSW 2000

02 9223 6660

POSITIVE PARENTING PROGRAM

Parenting can be extremely rewarding, enlightening and enjoyable. It can also be demanding, frustrating and exhausting.

Triple P - Positive Parenting Program for Kids was developed by Professor Matthew Sanders and Professor Alan Ralph from the University of Queensland.

It is an individual and group program of family intervention for prevention and treatment of behavioural problems in kids.

PROGRAM OUTLINE

4 Group Sessions of 2 hours

Session 1

Positive Parenting

Positive parenting is an approach to parenting that aims to promote children's development and manage their behaviour in a constructive and non-hurtful way.

Session 2

Encouraging Appropriate Behaviour

Encouraging the behaviour you like increases the chances of the behaviour happening again. The strategies you will learn can help encourage your child to behave appropriately by enhancing a relationship with them, rewarding them for desirable behaviour, and teaching them new skills.

Session 3

Managing Problem Behaviour

There are a number of strategies that are useful in managing misbehaviour. These include Calm Instructions; Logical Consequences; Quiet Time and Time Out; Ground Rules and Planned Ignoring.

Session 4

Managing High Risk Situations

High risk situations are times or settings in which parents find it difficult to manage their child's behaviour. You will learn planned activity routines to help prevent problems in these situations.

Telephone Sessions

3 Individual follow up telephone sessions of 1/2 hour each at your convenience. These sessions are designed to help you continue to put into practice the strategies introduced in Sessions 1 to 4. They will address any current issues or concerns you have and are tailored to meet the individual needs of your family.

Venue

This program can be provided as an individual program at Solution Focus Psychology or as a group at your school.

Cost

Group Sessions: \$395.00/person

Individual Sessions: Four 1.5hr sessions plus Three 1/2hr telephone sessions @ \$140/hr.

Workbook: \$17.50 this is needed for either session type.

Further Information:

Please contact Jan West or Francesca Harvey.

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