

JAN WEST

BA (PSYCH)
MA (PSYCH)
DIP. ED
DIP. SCH. COUN
MAPS
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)
MA (PSYCH)
MAPS



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

TEEN

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 Teens 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 adolescents.

PROGRAM OUTLINE

4 Group Sessions of 2 hours

Session 1

Positive Parenting

Maintaining a positive relationship with your teenager helps alleviate some of the stress that inevitably comes with the teenage years.

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 teenager to behave appropriately by enhancing a relationship with them, rewarding them for desirable behaviour, and teaching them new skills.

Session 3

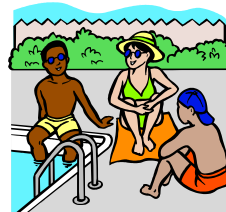
Managing Problem Behaviour

All teenagers need to learn to accept limits and control their disappointment when they do not get what they want. You will learn positive and effective ways to help teenagers learn self-control, and defer short-term benefits in favour of longer term goals.

Session 4

Managing High Risk Situations

As teenagers strive to become independent, they may experiment more and take unacceptable risks. This program will help you educate your teenager to recognise risky situations, avoid them if possible, and escape from those that can't be avoided.



SFP



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. They 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.

Solution Focus Psychology

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