

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

Presents

Teenskills



Emotional and Motivational
Coaching for teens

Book Early
Places strictly limited!

Contact: Ph: 02 9223 6660

SFP

Teenskills

This course is designed to teach teenagers valuable skills to help them make smooth transitions as they mature emotionally both at home and school.

These groups are tailored using assessments to cater for their individual needs.

Your teenager will gain

Motivation

An introduction to Motivation to improve your child's energy and drive to try hard, study effectively, and work towards their potential.

Overcoming Anxiety

To assist your teenager to overcome feelings of anxiety in stressful situations. They will learn how to manage fears and worries.

Building Self Esteem

Cognitive Behavioural Therapy approach to overcoming anxiety and building confidence and self esteem.

Social Skills

Communication, assertiveness skills for making friends and how to cope with teasing and bullying.

Additional Support

Additional support on completion of the Teenskills Program:

- One on one sessions with Jan West or Francesca Harvey for parents, teens or both.
- A 2 hour group session facilitated by Jan West and Francesca Harvey for parents. This group is structured to give you an opportunity to debrief about the program with other parents, share experiences and create understanding contacts. We will also discuss implementing strategies at home to promote your teen's new skills.

Group Details

Where SFP, Suite 301, Level 3
84 Pitt St Sydney 2000
(Between Martin Place
and Hunter St)

Date Run every School Holidays.
Please contact us for
current dates.

Time 1:00pm - 3:00pm



Cost

Teenskills Program \$325.00

Additional Support

One on one session (1hr) \$150.00

Parent Group session (2hrs) cost is dependant on group size.

Cancellation

20% of total cost refunded.

Age Group

Teenskills caters for teenagers aged 12 to 18 years. Teens are placed in groups according to age.

Registration

Please complete enclosed form and forward to:

Solution Focus Psychology
Level 3, 84 Pitt St Sydney 2000.

An assessment questionnaire will be posted upon registration to identify your teenager's particular needs.

A 1/2hr follow-up phone session for parents is provided on completion of the course.

If you require further information please contact Jan West or Francesca Harvey on 9223 6660.

Solution Focus Psychology

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Sydney NSW 2000

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