

THE KIDMAN CENTRE FREE WORKSHOP CALENDAR 2020

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents/caregivers and teens with practical, evidence-based psychological strategies to help them navigate a range of life's challenges.

All workshops will run at our centre by our team of experienced clinical psychologists.



For more details or to register for a workshop please visit our website tkc.uts.edu.au

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Located at
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Level 10, Parkes Building

 @thekidmancentreats



• WORKSHOP ONE • Taking Charge for Parents: *Understanding and managing oppositional and defiant behaviours in children using the collaborative and proactive solutions (CPS) approach*

WHO IS THIS FOR? Parents, caregivers & teachers of 5-14 year olds with challenging, oppositional and or defiant behaviour .

WHO WOULD BENEFIT? This workshop teaches parents and teachers about an evidenced based framework for managing children and teenagers with challenging behaviour. Topics include: an introduction to Dr Ross Greene's CPS model; identifying lagging skills in children which makes it difficult to meet adults' expectations; a three step model for helping adults and children solve problems together. (NB - The Kidman Centre, UTS has recently completed a five-year randomised controlled trial examining the effectiveness of CPS for children with ODD.)

Workshop 1: 6-7pm on Monday 15th February 2021, and 6-7pm on Monday 10th May 2021, @ The Kidman Centre and Online (via Zoom)

• WORKSHOP TWO •

Taking Charge for Parents: *Recognising teenage psychological distress vs. normal teenage emotions*

WHO IS THIS FOR? Parents and caregivers of teenagers

WHO WOULD BENEFIT? Parents and caregivers who are interested in recognising the difference between normal teenage emotions and signs of significant psychological distress in teens, and learning skills to effectively support their teenager. Topics include: understanding 'normal' teenage emotions, recognising the signs of anxiety and depression; parent management skills; and external resources to support your teenager .

Workshop 2: 6-7pm on Thursday 11th March 2021, and 6-7pm on Wednesday 19th May, @ The Kidman Centre and Online (via Zoom)

• WORKSHOP THREE •

Taking Charge for Teens: *How to manage stress and worry*

WHO IS THIS FOR? All teenagers

WHO WOULD BENEFIT? Teenagers who are interested in generating their own personal and practical plan for how they can manage their general stress and worry levels. Topics include: identifying common causes of stress; understanding the stress response; taking positive action (e.g.. goal setting, routine setting, minimising procrastination); challenging unhelpful thinking; self-care (sleep, diet, exercise, breathing techniques) and keeping it all in perspective.

Workshop 3: 4:30-5:30pm on Wednesday 17th March 2021, The Kidman Centre and Online (via Zoom)

• WORKSHOP FOUR •

Taking Charge for Parents: *Managing teenage emotions using Cognitive Behavioural Therapy (CBT)*

WHO IS THIS FOR? Parents and caregivers.

WHO WOULD BENEFIT? Parents and caregivers who are interested in understanding and managing teenage emotions using practical, evidence based strategies. Topics include: understanding the 'emotional world' of teenagers, what CBT techniques are; how to apply CBT to low mood and anxiety; problem-solving, taking positive action; challenging unhelpful thinking and the importance of self-care.

Workshop 4: 6-7pm on Wednesday 24th March 2021, and 6-7pm on Thursday 3rd June 2021, @ The Kidman Centre and Online (via Zoom)

• WORKSHOP FIVE •

Taking Charge for Parents: *Managing teenage exam stress*

WHO IS THIS FOR? Parents and caregivers.

WHO WOULD BENEFIT? Parents and caregivers who are looking for practical tips on how they can best support their teen during the demanding and stressful high school years. Topics include: identifying and challenging unhelpful thinking, effective communication with your teen; the role of expectations; keeping the balance and stress management techniques (for you and for them!).

Workshop 5: 6-7pm on Thursday 22nd April 2021, @ The Kidman Centre and Online (via Zoom)

• WORKSHOP SIX •

Taking Charge for Parents: *Balancing teenager technology and social media use*

WHO IS THIS FOR? Parents and caregivers.

WHO WOULD BENEFIT? Parents and caregivers who would like to effectively manage their teenager's use of technology and social media. Topics include: understanding the relationship between teenager development and technology use, identifying the pros and cons of technology; exploring parent management skills to enable more effective technology use, and enhancing protective factors to minimise the potential detrimental impacts of technology on our teenager.

Workshop 6: 6-7pm on Thursday 6th May 2021, @ The Kidman Centre and Online (via Zoom)