

THE KIDMAN CENTRE FREE WORKSHOP CALENDAR 2019/20

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

Call us
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Located at
Prince of Wales Hospital
Level 10, Parkes Building

 @thekidmancentreats



• WORKSHOP ONE •

Taking Charge for Teens: *Managing stress in the HSC year*

WHO IS THIS FOR? Current year 11 & 12 students.

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

Workshop 1: MONDAY 11 NOVEMBER 2019, 4.30-5.30pm @ The Kidman Centre

• WORKSHOP TWO •

Taking Charge for Parents: *Helping your teen to manage stress in the HSC year*

WHO IS THIS FOR? Parents & caregivers of current year 11 & 12 students (teens also welcome!).

WHO WOULD BENEFIT? Parents/caregivers who are looking for practical tips for how they can best support their teens during this often-demanding year. Topics include: effective communication; the role of expectations; keeping the balance and stress management techniques (for you and for them!).

Workshop 2: MONDAY 11 NOVEMBER 2019, 6-7pm @ The Kidman Centre

• WORKSHOP THREE •

Taking Charge for Parents: *Helping your teen to manage their emotions using cognitive behaviour therapy (CBT) techniques*

WHO IS THIS FOR? Parents & caregivers of teenagers.

WHO WOULD BENEFIT? Parents and caregivers who are interested in supporting their teenagers to develop practical, evidence based ways to manage upsetting emotions. Topics include: understanding the 'emotional world' of teenagers, what CBT techniques are and how to apply them to low mood and anxiety; problem solving and taking positive actions; identifying and challenging unhelpful thinking and the importance of self-care.

Workshop 3: MONDAY 17 FEBRUARY 2020, 6-7pm @ The Kidman Centre

• WORKSHOP FOUR •

Taking Charge for Teens: *Understanding and managing 'big feelings' using dialectical behaviour therapy (DBT) techniques*

WHO IS THIS FOR? All teenagers.

WHO WOULD BENEFIT? Teenagers who often find themselves experiencing 'big feelings' which can be overwhelming at times, cause distress or interfere with day-to-day functioning. The workshop delivers practical, evidence-based skills for managing distress and anxiety.

Workshop 4: MONDAY 16 MARCH 2020, 4:30-5:30pm @ The Kidman Centre

• WORKSHOP FIVE •

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 years olds with challenging, oppositional and/or defiant behaviour.

WHO WOULD BENEFIT? Parents/caregivers who are interested in learning about a new, 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 for them 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 diagnosed with ODD.)

Workshop 5: MONDAY 23 MARCH 2020, 6-7pm @ The Kidman Centre

• WORKSHOP SIX •

Taking Charge for Parents & Teens: *Managing how you use social media*

WHO IS THIS FOR? Parents & caregivers, teenagers & general community

WHO WOULD BENEFIT? Anyone who would like to take greater charge of how they are using social media. Topics include: the appeal of social media; harnessing the potential psychological benefits (e.g. connection and support) and reducing potential downsides (e.g. negative comparisons and fear of 'missing out'); scrolling and posting 'mindfully' rather than on 'auto pilot'; maintaining the life/screen balance.

Workshop 6: MONDAY 4 MAY 2020, 6-7pm @ The Kidman Centre