



Bringing up Great Kids – Parenting Group

Mullumbimby Psychology is running the Bringing up Great Kids (BUGK) Parenting Group program. The program uses mindfulness and reflection to assist parents in examining and improving their communication and exchanges with their children so that they may foster more respectful and positive interactions, which support children's development and positive identity. Work is also done to address the sources of parents' negative or unhelpful attitudes.

The Group is based on a clinically researched method and will be tailored toward the specific needs of the participants. Each individual will have an intake assessment before the program starts to assess suitability and discuss learning goals.

Parents can expect to explore and reflect upon the evolution of their parenting style, and learn:

- about the brain development of their children and understand how to meet their children's growing needs
- to build attentive communication with their children
- to reflect on and explore the meaning behind their children's behaviour
- to develop an awareness of the cues that trigger off unhelpful or ineffective responses

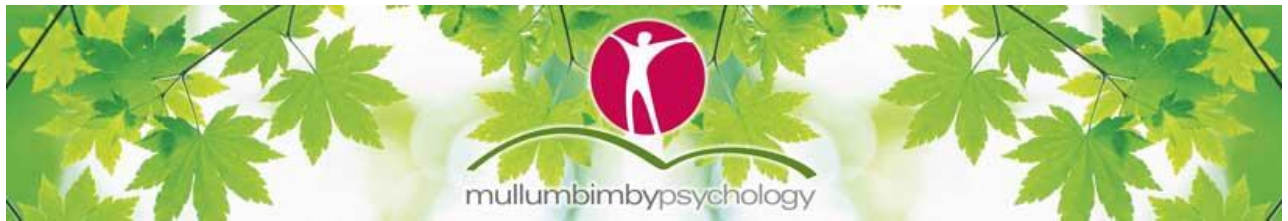
Dates: The next 4-week program will commence on Sunday 18th October 2020 from 2pm – 5pm and will run weekly until Sunday 8th November.

Location: Mullumbimby Psychology, The Maslow Centre, 113 Stuart Street, Mullumbimby.

Cost: \$120 for the four-week program. Upfront payment is required.

Referral: Individuals can enrol directly by contacting the Mullumbimby Psychology on (02) 6684 4748 or email support@mullumbimbypsychology.com.au . No GP referrals required.

The Group will be facilitated by registered Provisional Psychologists, Libby Tooth and Linda Janssen, who are completing their final year of internship with Mullumbimby Psychology through Bond University.



Libby Tooth is a registered provisional psychologist currently completing her Master of Psychology (Clinical) at Bond University. She has a passion for working with families and individuals, with a background in youth homelessness service provision, foster care and children's residential care. Libby has a strength based, holistic and client-focused approach and is skilled in trauma-informed care and current evidence-based therapies. She has specialised training in Evidence-based Emotional Freedom Techniques (EFT) and Bringing Up Great Kids parenting program. Libby strongly believes in empowering individuals to learn or develop the skills necessary to enable them to help themselves, and has a respectful understanding of each individual's journey.

Linda Janssen is a registered provisional psychologist currently completing her Master of Psychology (Clinical) at Bond University. Linda, a mum and grandmother to six, has a wealth of life experience working within health settings having first a nursing background and currently practicing in a provisional psychologist role. She has developed ability to provide psychological services including Cognitive Behavioural Therapy for the treatment of depression, and anxiety, and Solution-Focussed Brief Therapy for both adults and children. She also has developed expertise in personal development issues such as self-esteem, assertiveness, assisting children and adults to develop interpersonal social skills, and supporting women in vulnerable health situations, guiding them to find their own strength and resilience under difficult situations. Linda has a strong interest in Health Psychology.