

# Emotion-Focused Parent Coaching & Advanced Caregiving Workshop

SUPPORTING YOUR LOVED ONE STRUGGLING WITH INTENSE EMOTIONS AND/OR A MENTAL HEALTH PROBLEM

2 DAY INTENSIVE WORKSHOP

Friday 24th & Saturday 25th February 2017

**Presenters :** Debby Krahe BA(Soc Sci), Grad Dip Couns, MPsych(Clinical), MAPS, CCLIN, CCOUN

Lia Blaikie BA, MA, M Clinical Psych, MAPS, CCLIN, CCOUN

This two-day intensive workshop is a valuable opportunity for parents and caregivers of individuals struggling with intense emotions and/or mental health problems such as anxiety, depression, substance abuse, and eating disorders.

Different from other mainstream parenting models, and embedded in the belief in the healing power of families, parents and caregivers are taught practical skills and techniques to support their child, regardless of his or her age and/or motivation for change. Parents and caregivers become better equipped with practical strategies with respect to managing symptoms, emotional coaching and relationship repair. Parents and caregivers will also be supported to identify, work through, and overcome many obstacles that surface on this challenging journey.

This program was developed by Drs Adele Lafrance and Joanne Dulhunty, Clinical Psychologists from Canada, and has been introduced into community and hospital settings in North America, as well as some European countries.

**Who should attend?** Caregivers, family members, spouses, and/or parents of adult, adolescent or young children, and other supporting individuals - whether or not they are involved in active care of their loved one.

## The program aims to help participants to:

- Develop a greater understanding of their loved one's mental health struggles
- Facilitate family based support
- Emotionally and behaviourally support their loved one
- Process and work towards overcoming their fears and reactions
- Identify triggers and make changes to patterns that may get in the way of effective support
- Have greater belief in their ability to care for and support their loved one



## Workshop Details

**Dates:** Friday 24th February & Saturday 25th February 2017

**Time:** 9.00am to 4.30pm both days

**Location:** Suite 1, 46 Keppel Street Bathurst. \*

**Fees:** \$450 per person or \$650 for two people supporting the same person  
Receipts will be issued. Medicare rebate does **not** apply. Check with your private health insurance company if you would be eligible for a rebate.

Fees include the workshop, handout materials, morning & afternoon tea/coffee. Lunch will not be provided. There are good lunch venues in the next block in Keppel Street.

***Places in the course are limited. Early registration is recommended.***

\* Please note that the workshop venue is upstairs and does not have disabled access. If you are keen to do the workshop, but need an accessible venue, please let Debby know.

### About the presenters:

Debby Krahe and Lia Blaikie are both Clinical and Counselling Psychologists with extensive experience working with children, adolescents, adults and families, with a range of presenting problems, concerns and/or diagnoses.

Lia has conducted a private practice, Helicon Consultancy, since 1995. She provides individual, couple and family counselling and therapy services, cognitive assessments, and clinical supervision for health professionals. Her previous experience includes work as a Senior TAFE Counsellor, school counsellor and teacher, and as clinical psychologist in aged care. Lia is trained and experienced in various therapeutic approaches, including Gottman Method Couples Therapy.

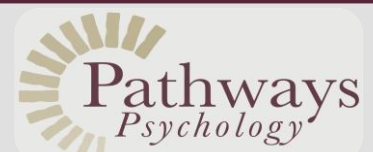
Debby has worked in a range of settings including tertiary education counselling services, community health and inpatient psychiatric hospital settings, and in her private psychology service Pathways Psychology, which was established in 2001. Since July 2016 she has been working full-time in private practice. She provides individual and group counselling and therapy services, as well as clinical supervision and training for health professionals. She is experienced in a range of therapeutic approaches including mindfulness-based approaches, cognitive and behavioural therapies, and emotion focused therapy. Debby has recently participated in training programs with the developers of the workshop, Adele Lafrance and Joanne Dulhunty, and is keen to bring this program to the Central West.

**To register:** Complete the attached registration form and post it to Debby Krahe at

Pathways Psychology PO Box 1722 Bathurst NSW 2795

or email to: [dkrahe01@icloud.com](mailto:dkrahe01@icloud.com)

**Enquiries:** Ring Debby on 0413 320 854 (leave message if not answered, and your call will be returned) or send email to [dkrahe01@icloud.com](mailto:dkrahe01@icloud.com)



**Registration Form**  
**Emotion-Focused Parent Coaching & Advanced Caregiving Workshop**  
**Friday 24th & Saturday 25th February 2017**

If more than one parent/carer is attending from the same family, please copy and fill out separate forms for each participant.

<b>Name:</b>	<b>Date of Birth:</b>
<b>Preferred name:</b>	
<b>Address:</b>	<b>Mobile phone:</b>
<b>Home phone:</b>	<b>Work phone:</b>
<b>Email address:</b>	
<b>Name of emergency contact person:</b>	
Phone number:	Their relationship to you:

Can we leave messages for you regarding the workshop on your mobile? **Yes/No**

Can we leave messages for you regarding the workshop on your home phone number **Yes/No**

Can we leave messages for you regarding the workshop by email **Yes/No**

**Payment:** Full payment is required by 8th February 2017 (or at the time of registration, for late registrations)

**Method of payment:** Please tick. I will be paying *by cheque* \_\_\_\_\_ or I will be paying by *credit card* \_\_\_\_\_

If paying by credit card please complete the following details:

**Type of credit card** (Visa or Mastercard accepted): \_\_\_\_\_

**Name on credit card:** \_\_\_\_\_

**Number of credit card:** \_\_\_\_\_

**Expiry date:** Month \_\_\_\_ Year \_\_\_\_

I authorise Pathways Psychology to deduct \$450 (or \$650 if two people supporting the same person) from my credit card. Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Refund policy:** A refund is available up until 10th February 2017. After this date refunds are not available, but you can transfer your registration for the program to another family member.

Please post the completed registration form to Debby Krahe,  
Pathways Psychology, PO Box 1722, Bathurst NSW, 2795  
or email to [dkrahe01@icloud.com](mailto:dkrahe01@icloud.com)

