



Brief Therapy Solutions

Managing Challenges Collaboratively and Children Attachment and Coping Parent Workshops

Brief Therapy Solutions provides specialised assessment and therapeutic interventions as well as mentoring programs aimed at addressing the complexities associated with behavioural disorders, attachment issues and associated mental health issues in children, young people and their families.

Community Links Wollondilly and Brief Therapy Solutions have formed a partnership to offer several workshops to help families' better cope with children with challenging and explosive behaviour and attachment concerns.

These two workshops are presented by Dr. Steve Walker and include **Managing Challenges Collaboratively** and **Attachment, Coping and Behaviour for Parents**. Each workshop involves up to eight consecutive sessions, each session building on the previous session. Parents will learn about the influences that may affect the behavioural development of their children, such as temperament, genetics, the environment and parenting skills, as well as how the history of children's experiences impacting on their coping and attachment.

These workshops offer parents the opportunity to learn and understand underlying factors contributing to their children's behaviour, and take part in an interactive program so that they can encourage changes of behaviour within the family dynamics, build new skills and relationships.

Children may have been diagnosed with conditions such as Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), Conduct Disorder (CD), Emotional or attachment disorders and parents may be feeling as though the behaviours control the day to day family functioning.

These workshops are designed to help parents and families understand the underlying causes of their children's behaviour, and reassess situations regarding their children to get a better 'fit' to reduce the likelihood of outbursts occurring and to teach parents/carers new skills to enhance lagging skills in their children.

For further information contact Carmel Flavell at carmel@communitylinks.org.au

or phone 4647 4550.

Community Links Wollondilly works with individuals, families and communities of the Wollondilly and Camden Local government Areas to build a strong and viable infrastructure that will support vulnerable members of the community and provide them with the capacity to effectively manage their lives. It also provides young people, families and the general community of Wollondilly and Camden with support, information, activities and referrals.