

WHAT IS GROUP THERAPY?

At Penrith Therapy Centre we offer group therapy programs that target specific therapeutic goals and which emphasise acquiring new skills – in the case of this group, parenting children with ADHD.

Each group typically comprises 6-10 members, takes place over a defined period of time, and once the group starts new members are not permitted to join.

While joining a group of strangers may sound a bit overwhelming at first, please note that it is likely that other group members are feeling a similar way and also that the group facilitator's role is to seek to ensure that everyone has a comfortable experience.

Group therapy can offer benefits that individual therapy may not and we find that group members are often surprised by how rewarding a group can be. Groups offer the experience of being in a structured, respectful environment of sharing and learning with others who may be in a similar "boat". Group therapy can also help group members remain motivated and committed to the intended therapeutic goals of the program, and to feel supported as they implement positive changes.

In addition to group therapy, our team of clinical psychologists offer a comprehensive range of individualised services for children, adolescents, families, adults and couples.



If you would like more information about our services, please contact our friendly reception staff by phone during business hours, visit our website, or send us an email.

Phone: 02 4721 1488

Fax: 02 4721 5465

Address: 159 Derby Street, Penrith NSW 2750

Email: hello@penriththerapy.com.au
www.penriththerapy.com.au

We offer weekday appointments including after hours. Medicare and private health fund rebates may be available.

Parenting children with ADHD and challenging behaviours

A 4 week program for parents of primary school-aged children

Facilitator: Dr Rudi Črnčec

PENRITH THERAPY CENTRE

Clinical Psychologists



The aim of this parenting program is to inform and empower parents in a non-judgmental environment, while passing on practical, workable strategies.

CONTENT:

The program is evidence-based and informed by National Health and Medical Research Council (NH&MRC) guidelines for helping parents of primary school-aged children with ADHD and challenging behaviours.

A number of topics will be addressed. These may vary depending on the participants in the group, but will include

- understanding ADHD and how this affects your child
- the importance of structure, routine, and clear/consistent boundaries
- preparing for "those" times; and
- communication skills and managing strong emotions

OUTCOMES:

Intended outcomes of the program include

- a bank of tools, strategies, and understanding of your child with which to move forward
- increased positive parent-child interactions
- increased confidence in parenting your child

DURATION:

The group runs over 4 weeks on Monday evenings (6-8 pm). Monday daytime groups may also be run if there is demand.

SCHEDULE:

A group will run early each school term. Please contact us for dates (full contact details on back page).

LOCATION:

159 Derby Street Penrith

COST:

\$250 per parent or
\$420 for both parents

TO REGISTER OR ASK QUESTIONS:

Please call 4721 1488

\$25 is payable at time of registration to hold your place in the group. This will be deducted from the overall cost.

NOTE: Private Health Fund rebates may be applicable.

A limited number of ATAPS subsidised places may be available through the Nepean Blue Mountains PHN - conditions apply.



THE FACILITATOR:

Dr Rudi Črnčec is a clinical psychologist who works with children, adolescents, and their families.

He is the clinical director of the Penrith Therapy Centre and has around 25 peer reviewed publications in the field of child and adolescent mental health.

Rudi is also a supervisor of trainee psychologists at Western Sydney University.

Rudi has been working with families in Greater Western Sydney for over 10 years.