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Looking Beyond Behaviours of Children in their PRE-TEENS: Understanding and responding to concerning behaviors

Much of children's behaviours and emotions continue to be responded to through behavioural management approaches and medicalised inventions which remain to be mostly unsuccessful in behavioural change and promoting positive wellbeing.

This workshop will look at **Window of Tolerance & Polyvagal Theory insights** to understand and change behaviours. How to use approaches such as name it to tame it, connection before correction, and rupture and repair to support emotional regulation development and promote relational safety? What to do in moments where behaviours get big and out of hand?



Learning Outcomes:

- Increase knowledge in how children's (particularly in their pre-teen age years) nervous systems produces emotions and behaviours.
- Develop skills in conceptualising the function of a child's behavioural presentations and how to support parents to attune to child's underlying needs.
- Learn tools for de-escalation when behavioural distress gets big for children in their pre-teens.
- Increase knowledge and skills in how to support children in their **emotional regulation development through relationships instead of behaviours.**
- Strategies and tools to support/equip parents to practice positive behaviour management for their pre-teenage year child/children.

Facilitated by Ashley Gobeil is a child and family therapist and social worker who has a Masters in Social Health & Counselling and a Master of Social Work Qualifying, and an undergraduate in psychology. Ashley has been working therapeutically with children and young people for the past 15 years in contexts such as childcare, youth residential care, domestic and family violence, family dispute resolution, out of home care, and victim services.

AN INITIATIVE
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Communities
& Justice

Date

Tuesday
15 November 2022

Time

9.00am - 3.00pm

Modality

Online via ZOOM

Facilitator

Ashley Gobeil

Cost

Members: **\$72.00 + GST**
Non-members: **\$120.00 + GST**

Contact

LEAD (02) 9620 6172/
0439 048 449
info@leadpda.org.au

Code

NP2426



Register on our website www.leadpda.org.au

Register Now!