

BOOK NOW

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2010/2011 WORKSHOPS

Therapeutic Workshops for Children,
Parents & Professionals

QuirkyKid

KIDS & ADOLESCENTS

Participants: Maximum 4

Parents receive a brief written feedback report

THE BEST OF FRIENDS™ SOCIAL SKILLS & COMMUNICATION

The Best of Friends™ workshop is an innovative social skills and communication program for children aged 3 to 13 delivered in a specialised setting or in-schools.

This activity-based workshop encourages children to make the most of their friendships by developing positive communication skills while recognizing the difference between friends and 'frenemies'. Young participants learn about 'first friends' and conversation starters as they progress from pre-school and beyond. Older children practice maintaining positive and lasting friendships and how to manage or avoid conflict with their peers.

The program covers:

- * Making Friends
- * Social Rules
- * Importance of Compromise
- * Empathy in Friendship
- * Peacemaking

This program has been developed in the clinical setting over a 15 year period by child psychologist Kimberley O'Brien and it is highly acclaimed by parents, teachers, health and educational professionals as a means of improving social skills and preventing conflict.

It also incorporates extensive research through Monash University relating to the transition from primary to secondary school.

AGES: 3-4, 5-7, 8-10, 11-13 YEARS
COST: \$140
DURATION: 2 HRS

WHY WORRY? DEALING WITH ANXIETY AT HOME & SCHOOL

This solution-focused workshop will help anxious children & adolescents to manage their own symptoms of stress and worry. Participants learn to identify personal triggers for anxiety and practice coping strategies to reduce any impact on the individual or family.

By exploring solutions through play-based activities, participants learn to understand and appreciate anxiety in a fun, non-threatening setting. Participants also learn from each other as we normalize different types of anxiety and gain insight into our reactions. This workshop also explores strategies for separation anxiety and preparing for change.

The Program covers:

- * Understanding fight and flight responses
- * Techniques to express worries and fears
- * Strategies to reduce anxiety responses
- * Taking control at home & school

The 'Why Worry?' program was developed in the clinical setting over a 15 year period by child psychologist Kimberley O'Brien. The "Why Worry" workshop is informed by research, school observations and feedback from school counsellors and parents caring for anxious children.

AGES: 3-4, 5-7, 8-10, 11-13 YEARS
COST: \$140
DURATION: 2 HRS

SORT IT OUT CLARITY & INDEPENDENCE IN ADOLESCENCE

This forward-thinking workshop engages young people with practical activities to explore independence, academic pressure, social challenges and ethical dilemmas often encountered by adolescents. We use the "Likes of Youth" Kit published by the Quirky Kid Clinic to encourage communication and increase confidence with an emphasis on decision-making and support networks available at home, school or in their local community.

Participants will be provided with art mediums, including clay, paint and canvas to encourage the sharing of ideas and experiences, and we will also draw on topics such as Authority and Rebellion, Motivation and Depression, Screen Addiction, Independence and Identity from the Likes of Youth kit. This workshop is solution-focused with an emphasis on empowerment, self-acceptance and communication with others.

AGES: 13-15, 16-18 YEARS
COST: \$140
DURATION: 2 HRS

POWER UP USING PERFORMANCE PSYCHOLOGY TO COMPETE AT YOUR BEST!

This activity-based workshop is designed for children and young people training and competing at club, regional, state and national level in their chosen sports, academic pursuits or the performing arts. The workshop explores an abundance of psychological skills and techniques practiced by olympians, academics, prima ballerinas and musical soloists in order to compete at their very best. The workshop has been developed by psychologist Belinda Jones and incorporates her experience working with athletes at the Australian Institute of Sport.

This program covers:

- * Goal setting and motivation
- * Self-talk and imagery
- * Focusing and arousal control
- * Competition planning and ideal performance state

Participants receive a workbook to take home.

AGES: 8-12, 13-17 YEARS
COST: \$210
DURATION: 2 SESSIONS X 1.5 HOURS

BINDING STORIES PATCHWORK & STORYTELLING TO ADDRESS GRIEF & LOSS

This activity-based workshop has been created for young people who have recently or previously experienced a significant bereavement. Participants will explore the cycle of loss and acceptance as they stitch photos printed on fabric to tell stories about the special relationship shared with people or pets who have passed away.

Working with a group of peers who have all experienced grief, participants will learn practical techniques to move forward while maintaining positive memories.

AGES: 8-12, 13-16 YEARS
COST: \$280 (inc. material)
DURATION: 3 SESSIONS X 1.5 HOURS (SCHOOL HOLIDAYS)

DOING THE SPLITS DIVIDED LOYALTIES IN SEPARATION & DIVORCE

This activity-based workshop will help participants to make sense of parental separation, using an informative approach to common issues faced by children and adolescents before, during and after divorce.

Using a range of play-based activities such as role plays, puzzles, art and craft activities and other games, participants explore issues such as lifestyle changes, conflict management, divided loyalties and dealing with emotions in a safe and non-threatening environment.

Participants will be given opportunities to develop individual strategies that will assist them in strengthening their coping skills as we normalize the stages of adapting to change.

AGES: 7-8, 10-13 YEARS OR SIBLING GROUPS
COST: \$140
DURATION: 2 HOURS

**Bookings are non-refundable. Read the complete Terms & Conditions at our website.*

PARENTS

Participants: Maximum 4

Duration: 2 Hrs

FAMILY PLAY THERAPY USING GAMES & PLAY TO ADDRESS ISSUES AT HOME

This workshop is an overview of the most effective techniques to boost family communication and goal setting with an emphasis on the use of games and play to engage resistance and initiate change.

Parents will be treated to an abundance of strategies for immediate implementation. Issues covered in the workshop include harnessing family strengths, effective communication, exploring your child's perspective, age-appropriate expectations and when to seek help. Workshops have a focus on empowering parents with positive and practical strategies in a non-judgemental setting.

COST: \$140 PER ADULT

THE INSIDE STORY INSIGHTS INTO YOUR BABY'S BRAIN, BODY & BEHAVIOUR

This experiential workshop is for mothers and newborns from 10-28 weeks old. As babies don't come with instruction manuals it can be helpful to understand their neurological and physical development so as to feel confident that we are helping them to grow up to be happy, healthy and securely attached. If you have ever been curious about why most babies like to be rocked, what mother-ese is all about, or how a baby perceives itself, this workshop will provide you with knowledge and practical skills to promote healthy bonding between mothers and babies.

AGES: MOTHERS & INFANTS 10-28 WEEKS
COST: \$160
DURATION: 3 X 1 HR SESSIONS
Bring a sling, no pram parking.

UNDERSTANDING ADOLESCENT BEHAVIOUR POSITIVE PATHWAYS TO EARLY ADULTHOOD

Breaking curfews, becoming a recluse, addicted to the Internet or all of the above? The individual nature of adolescent behaviour can leave parents guessing. This practical workshop is an opportunity to discuss common issues arising for parents of adolescents.

This workshop covers: defining boundaries, effective communication, maintaining trust & safety, navigating social pressures and positive parent-adolescent relationships.

Parents will also be provided with opportunities to share their own parenting experiences while we draw on our clinical expertise to offer an abundance of ideas for effective intervention.

COST: \$140 PER ADULT

RAISED ON PRAISE FINDING THE BALANCE BETWEEN PRAISE AND PUNISHMENT

Learn how to develop an optimistic, fair and consistent parenting approach with an emphasis on praise. Identify family factors in need of focus and develop reasonable rules and considered consequences in this very practical workshop.

Participants will be encouraged to reflect on the challenges of parenthood and to explore their parenting style from their child's point of view. Current research in the field of positive parent-child relationships will be reviewed, combined with activities designed for participants to experience the effective use and over-use of praise.

This workshop covers: Insights into overpraising, behaviour management options to suit all families, opportunities for family feedback and alternatives to smacking.

COST: \$140 PER ADULT

Parent workshops are also suitable for Grandparents, Step-parents, Carers & Guardians.

PROFESSIONALS

Participants: Maximum 4

Duration: 4 Hrs

THERAPEUTIC RESOURCES FOR CHILDREN & FAMILIES PRACTICAL KITS & CARDS FOR THE HOME, SCHOOL & CLINIC

This workshop allows child & family practitioners to try the new range of Quirky Kid resources in our clinic setting as well as many other highly recommended props, puzzles, kits and cards sourced locally and internationally. It also includes an extensive list of techniques for use in classrooms, clinics or alternative settings with children and families.

Participants will also be encouraged to share their own tools and ideas among peers. The Quirky Kid resources released in 2010 include: "Face It", "The Likes of Youth", "Tell Me A Story" and "Just Like When".

The program covers:

- * Practical resources for young people (2-18yrs)
- * Step-by-step techniques and lesson plans
- * Effective Australian and international resources.

This workshop will ensure professionals in the field are fully-equipped and fully-utilizing the best resources currently available for children and families.

COST: \$380 PER ADULT
SUITABLE FOR PSYCHOLOGISTS, SCHOOL COUNSELLORS, EDUCATION & HEALTH PROFESSIONALS

**Minimum of 3 participants required to confirm professional workshops.*

PLAY THERAPY WITH CHILDREN & ADOLESCENTS APPLICATIONS IN THE CLINICAL SETTING

This popular workshop provides psychologists, social workers and experienced counsellors with a smorgasbord of practical play therapy options for use with children (aged 2-16 yrs) and their families. Participants will receive a comprehensive summary of the theory and research underpinning play therapy as well as a showbag of materials and products for use in their own clinical practice to address a broad range of issues.

The program covers:

- * Theory-based on Axline, Schaeffer, Oaklander and Gil.
- * Numerous practical play therapy activities
- * Clinical case discussions.
- * 'Directive and non-directive' approaches.

Hands-on activities such as drawing techniques, puppet play, sand play as well as craft mediums including paint, clay, play dough and beading will also be explored. Participants are encouraged to explore their most challenging cases using play therapy applications.

COST: \$380 PER ADULT
SUITABLE FOR PSYCHOLOGISTS, SCHOOL COUNSELLORS, EDUCATION & HEALTH PROFESSIONALS

Workshop
calendar
over page

SYDNEY

	2010					2011							
	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG
THE BEST OF FRIENDS	7	27	7		18	13	19	7	13		18	4	20
WHY WORRY?	7	27		20	18	14	19	19	18	28		4	20
SORT IT OUT			1			17			11			8	
DOING THE SPLITS	21	25		20		21		19		28		5	25
POWER UP		28*				11*			19*			12*	
BINDING STORIES			5*			11*			19*			12*	
THERAPEUTIC RESOURCES FOR CHILDREN & FAMILIES	25					19		24					10
PLAY THERAPY WITH CHILDREN & ADOLESCENTS						12			11				22
FAMILY PLAY THERAPY & RAISED ON PRAISE					4				16			9	
THE INSIDE STORY			12*				10*				9*		
UNDERSTANDING ADOLESCENT BEHAVIOUR					4		12				4		

MELBOURNE (Northcote)

THE BEST OF FRIENDS		24				28			22			15	
WHY WORRY?		24				28			22			15	
DOING THE SPLITS or FAMILY PLAY THERAPY		25				29			23			16	

* indicates multiple session

● KIDS & ADOLESCENTS ● PROFESSIONALS ● PARENTS

2010/2011 WORKSHOPS

Therapeutic Workshops for Children, Parents & Professionals

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WE ALSO RUN OTHER UNIQUE WORKSHOPS THROUGHOUT THE YEAR
Register with our mailing list for regular updates.

The Quirky Kid Clinic is a unique place for children and adolescents aged 2-18 years. We work from the child's perspective to help families find their own solutions. In addition to our workshops we offer:

DEVELOPMENTAL & EDUCATIONAL ASSESSMENTS

Based on Best Practice, our experienced clinicians provide a wide range of assessments and recommendations using specialised psychometric tools.

THERAPEUTIC RESOURCES

We are publishers of unique therapeutic tools for use with children and families in the home, school or clinic setting. Now available for purchase online.

YOUTH MENTORING & CASE MANAGEMENT

Working closely with families, counsellors and agencies, we specialise in providing support to high-needs clients in the community setting from a Social Development perspective.

EVIDENCE-BASED COUNSELLING & THERAPY

Successful engagement is driven by the client's individual interests. We address the issues by defining goals and working towards them using techniques to engage the whole family.

OUR TEAM WILL MAKE YOU FEEL WELCOME IN OUR CLINICAL AND CREATIVE SPACE

THE QUIRKY KID CLINIC IS DIRECTED BY KIMBERLEY O'BRIEN, PRINCIPAL CHILD PSYCHOLOGIST
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