

RESTORING RESILIENCE



TUNING INTO TEENS

The tuning into teens program was developed by Melbourne University and is an evidence based parenting workshop.

My passion for working with teen and family challenges over the years has led to action. My hope is that this course will increase understanding and bring harmony within families. Receive real support to deal with the pain and difficulty of managing your teen's emotions.

This course aims to support parents by means of psychoeducation on developmental theory, age and stage appropriate markers for teen behaviour, the neuroscience behind difficult teen behaviours such as defiance, dismissiveness, isolation, rejection and criticism of parents.

We explore varying parental responses such as anger, sadness, grief, rejection and frustration. We explore varying parenting styles and work on their own responses to teen behaviour. Helping acrimonious divorced parents, the blended family such as step-parents and step siblings understand how a teen's behaviour. Helping parents, couples with teens expressing suicidal ideation, self-harm and isolation what this can often linked to and how to respond. This has been producing incredible results with family harmony, reduction in difficult teen presentations and families re-connecting in novel ways.

Restoring Resilience has delivered many of the Tuning into Teens Parenting courses over the past few years with proven results. Evaluations rated this course out of 5 resulting in a 4.8/5 satisfaction score. Feel free to read parent testimonies overleaf. Places are limited so please give Phyllis Traficante a call if you would like further information about the program or to book your place.

- Learn how to use a potent psychobiological approach toward understanding and modifying your child's behaviour.
- This program provides psychoeducation regarding age and stage appropriate child/teens behaviours; it identifies 4 differing parenting styles and the impact of those on children/teens and helps parents develop the skill of emotion coaching. The program incorporates a group process format that provides parents with support, validation of their experience and information that participants have attested to as invaluable.
- Emotional intelligence supports kids to have more awareness, assertiveness and to be strong in challenging situations.
- Trauma proof your kids so they are less prone to emotional dis-regulation, mental health issues and substance abuse.
- The group is facilitated by Phyllis Traficante, an experienced educator that is a Youth Counsellors, Family Therapist, Gestalt Therapy & Somatic Psychotherapists, and Counselling Supervisor
- 2 hour a week course that runs for 6 weeks - Morning or Evening Courses

Details:

When: 4 Terms to choose from - 12 hour course - Morning 10-12pm or Evening 6-8pm
Who: Parents, Foster Parents, Caregivers & Guardians
Cost: \$300 pp
Location: Online - Via Zoom

Anna Skolarikis

0430 443 346

Phyllis Traficante

0412 306 965

info@restoringresilience.com.au | restoringresilience.com.au

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Clicking on the **BOOK NOW** button you will be redirect to our website where you can book your sessions and pay directly with PayPal – no account signup necessary.

TERM 1 - MORNING - 10:00 - 12:00pm		
BOOK NOW		
FEBRUARY 11	FEBRUARY 18	FEBRUARY 25
MARCH 4	MARCH 11	MARCH 18
TERM 1 - EVENING - 6:00 - 8:00pm		
BOOK NOW		
FEBRUARY 9	FEBRUARY 16	FEBRUARY 23
MARCH 2	MARCH 9	MARCH 16
TERM 2- MORNING - 10:00 - 12:00pm		
BOOK NOW		
APRIL 29	MAY 6	MAY 13
MAY 20	MAY 27	JUNE 3
TERM 2 - EVENING - 6:00 - 8:00pm		
BOOK NOW		
APRIL 27	MAY 4	MAY 11
MAY 18	MAY 25	JUNE 1
TERM 3 - MORNING - 10:00 - 12:00pm		
BOOK NOW		
JULY 22	JULY 29	AUGUST 5
AUGUST 12	AUGUST 19	AUGUST 26
TERM 3 - EVENING - 6:00 - 8:00pm		
BOOK NOW		
JULY 20	JULY 27	AUGUST 3
AUGUST 10	AUGUST 17	AUGUST 24
TERM 4 - MORNING - 10:00 - 12:00pm		
BOOK NOW		
OCTOBER 14	OCTOBER 21	OCTOBER 28
NOVEMBER 18	NOVEMBER 25	DECEMBER 2
TERM 4 - EVENING - 6:00 - 8:00pm		
BOOK NOW		
OCTOBER 12	OCTOBER 19	OCTOBER 26
NOVEMBER 16	NOVEMBER 23	NOVEMBER 30

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