

SociAble Kids and Teens- Group Therapy Programs

Caregiver Information Sheet

**Growing Calm, Capable and Confident Young People.**

Social and emotional skills group programs assist children and young people to improve their social thinking skills and build social and emotional competence (prosocial orientation, social initiative / communication and socio-emotional regulation) through group learning and role-playing games. Groups allow children and young people to build and share experiences together, develop and practice their social emotional strategies and problem solve in safe, small groups.

**Age and ability groups:** We run SociAble Kids for different age groups including 6-8 years, 9-12 years, 13-15 years and 16-17 years.

Groups are tailored to levels of social understanding, behavioural presentation such as aggression or withdrawal/shyness, emotional literacy and interests. They are independently developed, evaluated and refined by our psychologists.

**Locations:** We run programs predominantly in a central suburb location (Black Forest or Mitcham). Subject to demand, we can also offer programs in the northern and southern suburbs, as well as at schools or other locations on request.

**Referral:** No specific diagnosis is required for referral to the groups. Referral can be through a GP, educator or self-referral.

**What is included?** The program includes a clinical evaluation of participant needs prior to the program starting, measures to track progress and outcomes, parent feedback and resources via email, a 1:1 parent coaching session with one of the psychologist facilitators, all resources across the program, and all program sessions including an initial introduction session.

**What do the sessions cover?**

* Self-control in social settings
* Social thinking skills
* Social initiating, welcoming/inclusion and participating
* Empathy and appreciating difference
* Ways of being understood and understanding others
* Positive communication skills to get along with and relate to others
* Constructive problem-solving skills in managing conflict or other challenging situations
* Strategies for noticing and managing big emotions and reducing aggression, withdrawal, disengagement/ discouragement, reactive distress
* Cooperating and compromising skills
* A range of skills and values to make and keep friends, and participate in friend groups
* School readiness/transition/ adjustment
* Appropriate assertiveness and consideration of others
* Personal resilience and positive, flexible thinking strategies

**Duration:**Groups are run over a number of sessions equalling 9 hours of group therapy in total across 5-9 sessions. The length of each session varies according to age and the developmental level of the group.  All programs have an introduction session to allow participants to meet each other and for the group facilitators to observe dynamics for success across the program.

**Program Dates:** Groups for 2023 to be advised. This is subject to change depending on participant numbers and availability.

**Registration:** Please direct expressions of interest to our Program Coordinator, Sue Standen at [sue@inspiredpsychology.com.au](mailto:sue@inspiredpsychology.com.au) or 0426263680.

**Fees:** Fees are $1395 to the end of Dec 2023. We are NDIS registered for eligible participants.

Private health may also provide a rebate.

Fees become due once participants are confirmed for a specific program.

**About our psychologists:** All psychologists involved in the SociAble Kids and Teens programs are experienced supporting children, young people, families and care teams including working with child-care centres and schools. Our experience includes providing consultation and training to care agencies; and providing individual and family therapy to children and young people and their families. We have psychologists with special interests in ASD, mood issues, anger and aggression, risky behaviours, self-harming and suicidal behaviours, self-esteem, developmental trauma, attachment, grief and loss and disability in our team.

We look forward to meeting you and your child’s participation in the program.

**Inspired Psychology**

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