

INDIVIDUALISED PROGRAMS

Each program is adapted to the individual child, depending on their development and needs. Modified interventions are available for other diagnoses such as Autism Spectrum Disorders and ADHD.

INFO ABOUT SESSIONS

Sessions are for 50 minutes, one-on-one with the child each week, for eight weeks.



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Resilient Kids Program



*Teaching children skills to manage problems
effectively, creating happier lives*

Why wait until your child has anxiety or depression? You can support your child to create a stable mind for the future, now.

Resilient Kids is an 8 session course designed to support children at risk of developing a mental illness. It aims to prevent anxiety and depression before it develops. Early intervention can reduce the severity of anxiety and depression and prevent it from developing into a disorder.



ABOUT THE PROGRAM

The Resilient Kids Program helps children to develop awareness of their own feelings and behaviour. It provides strategies to address negative self-talk and solve problems effectively. It helps children to learn to cope with negative feelings. Building children's resilience is likely to increase their self esteem and confidence, subsequently assisting concentration, academic achievement and job capacity. It helps children to manage social situations and build sustaining friendships, creating good future support networks. It can assist them to develop healthy beliefs about themselves reducing depression, anxiety and associated difficulties. It teaches children to master their inner world.

The most common way people deal with anxiety is through avoidance. The most important thing to do to combat anxiety is to take action.

WHAT DOES THE PROGRAM TEACH CHILDREN?

- Relationship and social skills
- Problem solving skills
- Relaxation and self-soothing skills
- Cognitive behavioural techniques
- Skills to handle difficult feelings

