



# HOPSCOTCH & HARMONY

CHILD, TEEN AND ADULT PSYCHOLOGY

## Professional Development & Psychology Guide 2018



# HARMONY AT SCHOOL

Educating minds, Mindfully educating



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## CHILD, TEEN AND ADULT PSYCHOLOGY

## ABOUT US

Hopscotch & Harmony is an award winning psychology centre established in 2013 by our Director, Jessica Cleary. Since then it has grown in leaps and bounds to now include a team of sixteen psychologists, one dietitian and four administrative team members across Melbourne's west and Geelong.

Our goal is for Hopscotch & Harmony to be the premier Child and Adolescent Psychology Centre in Wyndham in response to, and in support of, the over-burdened public child mental health service.

We provide assessment, counselling and intervention to children, parents, teens and adults at our Werribee, Point Cook St Albans and Geelong based clinics. We also provide on-site school psychology services on a regular or as-needed basis to improve social, emotional and behavioural functioning.

## CONTENTS

- Onsite school counselling service
- Professional Development workshops
  - Supporting Students with Autism: What educators need to know
  - Anxiety in the Classroom
  - Challenging Behaviour in the Classroom
- Additional Services
- Contact Us



**Jessica Cleary**  
Clinical Director & Psychologist

# ON-SITE SCHOOL PSYCHOLOGY SERVICE



Hopscotch & Harmony supports students, teachers and parents and we can come to you...

## Our on-site psychologists offers:

- Individual counselling of up to 6 students per day
- Support writing ILPs and BMPs
- Problem solving with teachers
- Small group programs
- Understanding of the PSD application process
- Professionalism and ethical practice
- Excellent communication
- We take the load off you to help support the mental well-being of your school community
- Our Psychologists are highly qualified and regular supervision is provided by Hopscotch & Harmony's Principal Psychologist.

### We want your school to thrive!

Our partner schools receive free PDs on a topic of your choice delivered by our practice Director

Our model maximises the opportunity for your students to receive psychological support by minimising any barriers to mental health support. Our fee is \$636 plus GST per day and bypasses any need for a G.P. to issue a Mental Health Treatment Plan. Hourly consults are also available.



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# SUPPORTING STUDENTS WITH AUTISM

What educators need to know



## OVERVIEW

This 2hr introductory workshop for teachers and support staff includes:

What is Autism?  
What autism can 'look like' in the classroom  
Social interaction differences  
Thinking differences  
Sensory differences  
How to deal with a meltdown  
The link between autism and anxiety  
Practical classroom strategies  
Relationship with parents

## OUTCOMES

- Increased knowledge of ASD.
- Increased confidence of understanding an autistic child's behaviour in a school setting.
- More practical tools to respond to challenge behaviour.
- Understanding of how best to communicate with an autistic child.
- Increased confidence in working together with a child's parents to improve educational outcomes for an autistic child.

Fee: 2hr \$650 +gst



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# ANXIETY IN THE CLASSROOM



An introductory workshop for primary and/or secondary school teachers and support staff who want to understand HOW anxiety presents, WHY it presents and WHAT they can do to help students.

## FEEDBACK from past attendees

"I loved it! The content was great the presenter was knowledgeable"

"This seminar provided an overview of how anxiety is present amongst children and how it comes out in different behaviours. It was informative and insightful. Thoroughly enjoyed it."

"The seminar was very informative and I took away a lot of practical tips. It also gave me a great insight to how children with anxiety feel and how to help them."

"Fantastic, very eye opening, has helped me to view the child through a different lens."

"Very informative both personally and professionally. Clear and helpful tips"

## OVERVIEW

- 2 hours: 90 min presentation followed by Q&A.
- Understand the different types of student anxiety.
- Know the different ways anxiety can present. Is it ADHD? Anger? Anxiety?
- Understand what is happening in a child's brain when anxious.
- Know the common mistakes made when we try to support anxious students.
- Know what to say to help calm an anxious student.
- Learn practical classroom strategies to reduce anxiety.

Fee: 2hr \$650 +gst



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# CHALLENGING BEHAVIOUR IN THE CLASSROOM



An eye-opening workshop for teachers and support staff who want to understand the reasons underlying disruptive classroom behaviour and to learn proactive and collaborative ways to respond.

## OVERVIEW

- Introducing the 'Kids do well if they can' philosophy and responding to problem behaviour collaboratively.
- Challenge the traditional methods of discipline and examine why it isn't working.
- Discussion of what does work when it comes to challenging behaviour, and why.
- Rationale: 50 years of research in the neurosciences indicate that challenging kids do not lack the WILL to behave well, they lack the SKILLS to behave well.

## OUTCOMES

- View your students through more compassionate, accurate and productive lenses.
- Understand what is getting in a student's way to better behaviour.
- Understand that every challenging behaviour is an unsolved problem or a lagging skill (or both).
- Know how to work with students to find actual, practical ways to avoid challenging behaviour.

Fee: 2hr \$650 +gst

Challenging Behaviour in the Classroom series: Level 1 - Introduction 2 hr workshop.  
After completing our Level 1 PD, our intermediate and advanced workshops are available to enhance your understanding and application of the ideas to make your classrooms thrive.



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## ADDITIONAL SERVICES

We are very happy to cater to your individual needs and welcome you to call us to discuss.

### Other workshops

- Cyber-safety
- Bullying
- The Traumatized Student
- PARENT workshops
- STUDENT workshops

**Social Skills Group**

Werribee  
Feb 12 start, M  
Ages: 5-7

Ages 5-7 & 8-11

## CONTACT US

Ph: 03 9741 5222 (Geelong 52416462), Fax: 03 8669 4076

[www.hopscotchandharmony.com.au](http://www.hopscotchandharmony.com.au)

[admin@hopscotchandharmony.com.au](mailto:admin@hopscotchandharmony.com.au)

### Our clinic locations

Hopscotch & Harmony  
Shop 1, 167-179 Shaws Rd  
Werribee 3030

Point Cook Town Centre  
C1, Level 1, 5 Main St  
Point Cook 3030

Hopscotch & Harmony  
92 Roslyn Rd  
Belmont 3216

Kids Care Centre  
41 Paringa Drive  
St Albans 3021