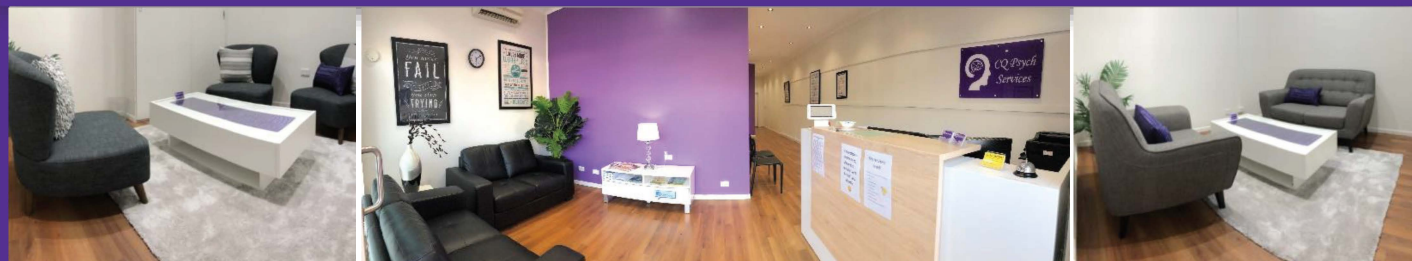




CQ Psych Services



IN THIS ISSUE

- Director's Message
- Clinic Update
- Welcoming New Staff
- How to Refer to Us
- Resilience
- Supporting Young People

PRACTICE INFORMATION

Psychologists

Suzie Humphrey

BPsych (Hons), MForMentH, MAPS

Tina Bunge

BPsych (Hons), Assoc. MAPS

Admin Team

Jessica Butler – Adm in Manager

Diane Furno - Admin Assistant

Jessika Cook – Admin Assistant

Practice Hours

Mon – Thurs 9:00 AM – 5:00 PM

Address

1/137 Auckland Street,
Gladstone QLD 4680

We are located in Auckland Street, Gladstone. Two-hour street parking is available to clients on both Auckland and Herbert Streets.


Contact


Ph/Fax: 07 admin@cqpsychservices.com.au

Information

49726929

Facebook & Website

 <https://www.facebook.com/cqpsychservices/>

 <https://cqpsychservices.com.au/>

DIRECTOR'S MESSAGE

Hello everyone,

Welcome to our inaugural Newsletter – Volume 1, Issue 1. I don't know about you, but I love the beginning of a new year. It's a time that is full of possibility and optimism, and I find myself excited to see what the new year has to offer. CQ Psych Services has now been open for six months, offering a friendly environment for psychological services in the Gladstone region. If you haven't visited yet, feel free to drop by and have a look.

We are also very pleased to welcome three new members to our team. Tina Bunge is a registered psychologist working with us on Tuesdays and Thursdays. Also, with our Admin Manager, Jessica, going on maternity leave, we have had Di and Jessika join the admin team.

CQ Psych Services first newsletter provides information for GP's and other professionals on how to refer to us and offers our readers an insight into the development of resilience, as well as supporting young people through adolescence. I hope you enjoy this issue and as always, we welcome all questions, queries and concerns. Simply email us at admin@cqpsychservices.com.au

Keep an eye out on our webpage and Facebook page as we continue to develop these sites.

Until next time...



Suzie Humphrey

Director, BPsych (Hons), MForMentH, MAPS

HOW TO REFER TO US

CQ Psych Services can receive referrals via fax on 4972 6929 or email admin@cqpsychservices.com.au

We accept GP Mental Health Care Plans but DO NOT offer Bulk Billing. WorkCover and Private Health Insurance clients are also welcome.

Our admin team is not always available but please leave a message and we will happily call you back.

RESILIENCE

Letting your children fail

While it's perfectly natural for parents to want to protect their children and keep them safe, it's often the case that parents take this need to protect too far. Often, kids are not permitted to explore and navigate their world without close supervision for fear that they may physically or emotionally injure themselves or make the wrong decision.

Not succeeding is an important part of learning. Parents allow children to fall when they are learning to walk. We know they will get upset and frustrated during the process, but we also know that they will get back up and eventually learn to walk. Unfortunately, as children get older, and supposedly more capable, parents often step in and do tasks, perhaps because it's quicker and easier. Unfortunately, this limits opportunities for children to learn how to successfully navigate situations.

We're talking about Resilience – the ability to bounce back from difficulties. We all know that happiness is not the absence of problems but the ability to deal with them. Thankfully, just like other skills, resilience can be learnt. Our environment can either suppress our ability to be resilient or trigger us to be more resilient.

Parents can promote resilience by creating a healthy emotional environment at home. By focusing on:

- Self-care – looking after your own physical and emotional wellbeing;
- Developing a healthy bond between you and your child;
- Set boundaries and behavioural expectations for your child;
- Set 'realistic expectations' around achievement;
- Let your child experience negative emotions (e.g. disappointment) and help them to lose well;
- Encourage problem solving skills;
- Promote independence at home;
- Encourage an optimistic mindset.

When children are protected from failing or disappointment, even when this is coming from a place of love, it will come at a cost later in life. These opportunities need to be taken to help your child develop the skills to problem solve and manage the future challenges and setbacks that are inevitable throughout life – you may not always be there to rescue them. Learning what it feels like to lose, or not get what you want, is a part of becoming emotionally competent. It is important to

validate those negative emotions as well as encourage ways to self-soothe.

Learning to take risks and recover from disappointment helps build confidence and courage. Letting your children fail, and practice recovering by themselves, may be one of the most valuable gifts you give them.

- Suzie Humphrey

SUPPORT THROUGH THE JOURNEY OF ADOLESCENCE

The adolescent years are often like being in a funhouse of mirrors – easy to get lost and not always reflecting an accurate self-image. Supporting young people in navigating these times can be draining and confusing for a parent. One way you can help your adolescent is through building their confidence and resilience. A confident and resilient adolescent



is more likely to make positive social connections, avoid negative peer pressure and reduce the risk of mental health concerns.

Tips to achieving a confident adolescent include:

- ✓ Provide a safe, secure home in which the young person has a clear understanding of boundaries and expectations.
- ✓ Allow your young person to have input and negotiate boundaries, consequences and rewards. Ownership enhances the likelihood of adherence. Learning to negotiate is a life long skill.
- ✓ Role model a healthy balanced lifestyle for your young person.
- ✓ Engage with your young person in activities they enjoy. Showing interest in their interests increases feelings of worth.
- ✓ Show affection towards your young person. It is important this is displayed in a way that is comfortable for your young person.

No matter how old we are, positive reinforcement feels good and is the fastest, most effective way to encourage a particular behaviour is repeated. Let your young person know you are aware of and appreciate positive behaviour.

- Tina Bunge

You can contact us to get further information or to enquire about an appointment by emailing us at admin@cqpsychservices.com.au giving us a call or leaving a message on (07) 4972 6929, or message us on Facebook.