

Psychology Café

FREE

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Psychology Café Magazine

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INNOVATIONS IN MENTAL HEALTH

Psychology Café®

Queensland is getting a wake-up and a shake-up in mental health service delivery. The stereotype of lying down on the psychologist's couch is being challenged head on by radical new innovations on the Sunshine Coast. In what is essentially a 'world first', well-established Clinical Psychologists in Mooloolaba are inviting clients to simply come in for a coffee and conversation at the all new Psychology Café®.

For many, the widespread stigma attached to mental health challenges, combined with the thought of sitting in the sterile four-walls of a doctor's office, is enough to make seeing a psychologist a daunting prospect. However, that's all about the change. Master practitioners in Clinical Psychology are breaking the traditional mould of mental health service delivery to destigmatise mental health and make effective psychology services available to everyone.

According to the Psychology Café® founder, Dr Robi Sonderegger, the aim of the Psychology Café is to create an environment that is designed to embody a relaxed and familiar setting often found within cafes. "Catching up for coffee to connect with family and friends is something we all enjoy doing", said Dr Robi. "Finding new and trendy locations with great coffee has become part of our social culture and it can be a great way to relax and decompress with a trusted ear." The Psychology Café offers Queenslanders the opportunity to do the same, but with the unbiased counsel and expertise of a qualified Clinical Psychologist.

In keeping with café culture, clients can opt for a 'single-shot' (25-minutes) or 'double-shot' (50-minutes) appointment. With a Medicare Mental Health Care Plan in place (referred by a medical practitioner), the upshot of flexible session times is

"Simply come in for a coffee and conversation"

minimal out of pocket expense. However, breaking the mould in the way clients can access professional services for mental, emotional, relational and behavioural health is not without its challenges.

Master practitioners in Clinical Psychology are breaking the traditional mould of mental health service delivery

Cafés are social spaces. As such, there can often be certain limitations when it comes to privacy. To help maximize client comfort and confidentiality (while still keeping with a café vibe), stylish semi-enclosed private consultation booths and exclusive café consultation suites have been constructed. Psychology Café® Clinical Director, Dr Rhiannon Bell, says "every effort is taken to ensure client privacy and confidentiality." This revolution in mental health service delivery is professional yet personal, social yet private, innovative yet inviting. The relaxing difference is something to experience.

Growing Through Tragedy



BY
DR RHIANNON BELL

As a Clinical Psychologist, I am confronted daily with the brutality of emotional pain. I listen as parents wrestle in agony with the death of a child, spouses recount the moment they learned of betrayal by a loved one, and young people share their distress as they navigate bullying or past abuse. With each tragedy narrated, it's a great honour to be trusted and invited into the hearts and minds of my clients as they allow me to guide them in their journey through pain. I am constantly amazed at their courage as they emerge from the darkest of valleys with strength and grace.

Personal growth through the experience of suffering inspires me. One of the greatest phenomena I have observed in my work as a Psychologist is the resilience of the human soul to cultivate strength through suffering. The distressing and confusing aftermath of trauma can be fertile ground for 'post-traumatic growth' – the experience of positive psychological growth that arises from challenging life experiences.

In his memoir *No Such Thing as a Bad Day*, Hamilton Jordan described some of the transformations he experienced following his battle with cancer: "After my first cancer, even the smallest joys in life took on a special meaning –

watching a beautiful sunset, a hug from my child, a laugh with Dorothy. That feeling has not diminished with time. After my second and third cancers, the simple joys of life are everywhere and boundless, as I cherish my family and friends and contemplate the rest of my life, a life I certainly do not take for granted."

No doubt you have heard similar stories of people who have experienced severe adversity and later described personal transformations developed from their trial. Have these people just put a rose coloured filter on their retrospective lenses, or is it true that growth can be cultivated from pain?

Up until 30 years ago, the field of Psychology believed that the human response to trauma and suffering fell into either two categories: develop Post-Traumatic Stress Disorder (PTSD) or experience resiliency and return to your normal pre-trauma baseline functioning. What we now know though is that there is a third category, the flourishing range, known as 'post-traumatic growth'. Post-traumatic growth is more than a return to baseline functioning; it's the process of self-advancement that results in a person being better off than before their tragedy took place.

The distressing and confusing aftermath of trauma can be fertile ground for 'post-traumatic growth'



ABOVE: Dr Robi with restavek children in Haiti, immediately following the devastating 7.0 earthquake in Port au Prince

The ancient philosophy that great good can come from great suffering (e.g., 'that which doesn't kill you can make you stronger') is now supported in scientific literature through research on post-traumatic growth. So exactly what are some of the benefits that can arise from trauma? Post-traumatic growth research suggests there are five categories of growth that can be achieved following adversity:

GREATER APPRECIATION OF LIFE

Individuals experiencing post-traumatic growth typically report a major shift in how they approach and experience their daily lives. Increased gratitude for things previously taken for granted is often accompanied by a change of priorities in life.

WARMER, MORE INTIMATE RELATIONSHIPS WITH OTHERS.

The experience of suffering can promote greater empathy towards others facing pain and grief. Those who experience post-traumatic growth tend to speak of finding out who true friends are and further nurture these relationships.

A GREATER SENSE OF PERSONAL STRENGTH.

After enduring trauma, an individual is often able to recognise their own personal strength. The idea that "If I can handle that hardship, then I can handle just about anything" is common, changing a person's self-concept and providing a confidence to face new challenges.

IDENTIFYING NEW POSSIBILITIES OR PATHS FOR ONE'S LIFE.

The experience of tragedy frequently prompts one to re-evaluate life and reconsider new and different paths, propelling one to greater purpose in life.

SPIRITUAL DEVELOPMENT.

Spirituality (in particular, belief in a God who cares) has been found to be related to post-traumatic growth, with forgiveness also predicting post-traumatic growth.

As anyone who has grown through their trauma would testify, post-traumatic growth does not necessarily indicate the end of pain or distress, nor is it accompanied by the perception that trauma and loss are desirable. The paradoxical element, however, is that out of loss can come gain, and that strength can stem from our greatest moments of vulnerability. The beauty of post-traumatic growth is in its element of surprise. Rarely is it a conscious goal, but rather, the outcome of persisting through pain.

If you have experienced trauma and find yourself in the midst of your suffering, don't abandon hope. May you be encouraged by the possibility of post-traumatic growth. Consult with a specialist Clinical Psychologist and explore whether you too can renew your appreciation for life, improve relationships, advance personal strength, forge new paths and purpose, and experience spiritual/personal development.

PSYCHOLOGIST IN FOCUS

Interview with Laura Scherman

Laura has recently moved from Sydney to join the Psychology Café* team in Mooloolaba. To get to know her a little better, we asked a few personal questions.



LAURA SCHERMAN

CLINICAL PSYCHOLOGIST,
BPSYCHSC(HONS), MPSYCH(CLIN), MAPS

LAURA, WHAT'S ONE THING YOU ARE PERSONALLY PASSIONATE ABOUT?

Connecting people! Not only do I enjoy personally spending time with people, I also love seeing them feel well connected, supported and valued. You'll often find me organizing gatherings and dinners to give people an opportunity to meet each other and develop meaningful friendships.

WHAT'S ONE THING YOU ARE PROFESSIONALLY PASSIONATE ABOUT?

I LOVE helping people overcome the fears that have held them back their whole lives. One of my most favourite moments is watching someone achieve a goal that they never thought was possible – you should see the smile on their face (and mine!).

YOU GIVE ADVICE, BUT WHAT'S ONE OF THE BEST PIECES OF ADVICE YOU'VE BEEN GIVEN?

Be yourself. A Psychology Professor once said that above all else, this was the most important thing he could teach me. I don't get stuck in rigid, clinical approaches but love to be real and have a laugh.

WHY DID YOU DECIDE TO BECOME A PSYCHOLOGIST?

I have always loved being a sounding board for people and hearing how they are really going behind the automatic "I'm good, thanks". Yet, I wanted to do more to help those who were in real need. I became a Psychologist to learn specific tools that could help people overcome the challenges that they are facing in their lives. This passion was further ignited whilst working in a women's refuge home and hearing their stories.

HOW DO YOU LIKE TO RELAX WHEN YOU'RE NOT AT WORK?

I love chatting and laughing with friends over many, many cups of tea.

WHAT ARE THREE THINGS ON YOUR BUCKET LIST?

Explore Scandinavia, watch a movie at The Opera House backed by a live orchestra, and try stand-up paddle boarding.

LASTLY LAURA, WHAT'S YOUR FAVOURITE THING ABOUT THE NEW PSYCHOLOGY CAFÉ*?

I love how beautiful and relaxing the new Psychology Café is! Between seeing clients, you'll often find me sneaking back in there to enjoy a cuppa and soak up the atmosphere.

Spotlight on Northern Iraq

After visiting Iraq on a humanitarian mission in 2010, Tim Buxton saw the Middle East refugee crisis unfolding before his eyes. The United Nations High Commissioner for refugees estimates four million refugees have fled the persecution of ISIS to the northern region of Iraq, bordering Turkey. In seeing the staggering humanitarian need being largely unmet, Tim became eager to help where he could. In June of 2014, the young Aussie family made the brave move to Northern Iraq. Tim and Sarah, along with their three young children, arrived in Iraq the same day ISIS invaded the northern region and launched an attack on Mosul (only 30 miles away). Despite obvious safety and language obstacles, Tim and Sarah fell in love with the Kurdish people, describing them as wonderful and incredibly hospitable. The family quickly integrated and became part of the community in the highland area of Soran. Together with World Orphan partners on the ground, they founded the Refuge Initiative.

The aim of their current work is to provide survivors of war, tragedy and persecution with a place of refuge that goes beyond simply offering shelter. With the mindset of creating 'communities' and not camps, their model is to develop micro-refugee-camps (in the range of 100-250 people) that emulate small villages, ensuring residents have their specific needs met while maintaining their autonomy.

"By keeping our camps small," Tim explained, "we maintain the normal village social structure that most refugees come

from. This helps minimise common transition problems and gives displaced people a strong sense of community that's often lost in larger camps". Currently, the Refuge Initiative has already developed a number of refuge-villages and has established a community, sporting and vocational centre, as well as a brand new school. Already, hundreds of war-affected families have found a place of sanctuary.

Psychology Café has partnered with the Refuge Initiative to launch a new mental health initiative called GROW

Many families being helped by the Refuge Initiative have experience personal torture and deep trauma. Some have lost loved ones due to the war, others have had daughters kidnapped by ISIS. Recently, the Psychology Café team of psychologists have partnered with the Refuge Initiative (and other humanitarian organisation working in Nth Iraq) to launch a new mental health initiative called GROW. The GROW project is designed to aid war affected communities, survivors of torture and trauma and refugees who have been persecuted for their faith or ethnicity.

The GROW program was launched in late 2016, with the training up of government officials, medical professional, and humanitarian organisation staff.

TO LEARN MORE ABOUT THE REFUGE INITIATIVE AND OR SUPPORT THE BUXTON FAMILY, PLEASE VISIT THEREFUGEINITIATIVE.ORG



ABOVE: Pictured here, Tim Buxton with his family

PSYCHOLOGY ON THE HOME-FRONT

Parenting Revolution

How do we make the hardest job in the world less stressful and more fun? Thousands of parents are finding out via the eCOUCH Parenting Revolution – an innovative educational DVD series that simulate one-on-one therapy in your own home. Founded on the latest empirical evidence in psychological research, the program's practical and easy-to-understand principles are revolutionary, now also being adopted in school classrooms.



This program teaches:

- *How to inspire, nurture and capture your child's heart*
- *The value and importance of working as a family team*
- *Strategic order of rules and relationships in your home*
- *How to eliminate destructive attitudes and behaviours*
- *Ways to cultivate and sustain positive behaviour*
- *Simple action plans to achieve family goals*

The program, developed locally by Psychology Café® Clinical Psychologists (Dr Robi and Noleen Sonderegger – parents of 5 children), was first commissioned as part of the National Parenting Initiative in the United Kingdom. Trials in London soon spread throughout Great Britain and Western Europe, with the program being translated into different languages. To date, countless thousands of families around the world have been impacted by the program. Parenting Revolution seminars are also delivered to packed auditoriums every year throughout Australia and Asia.

THE DVD SERIES AND WORKBOOK PACKAGE IS AVAILABLE FOR PURCHASE ONLINE AT WWW.DRROBI.COM/PARENTING-REVOLUTION/



TURMERIC LATTE ANYONE?

PSYCHOLOGY AND YOUR HEALTH

If you've been to a chic café recently, you may have noticed a growing trend in offering natural supplements to your coffee. Turmeric is one that has become increasingly popular and while it may sound unusual, it actually has a number of benefits in mental, emotional and brain functioning. So what's so good about turmeric? Turmeric is a mild-tasting yellow/orange coloured spice. Its main active ingredient is called curcumin, which contains powerful anti-inflammatory and antioxidant properties.

ANTI-INFLAMMATORY

Research has shown turmeric to be one of the most potent natural anti-inflammatories. In fact, turmeric was revealed to be even more potent than some anti-inflammatory drugs (including aspirin or ibuprofen). Curcumin fights inflammation and has the potential to play a beneficial role in the prevention and treatment of degenerative disease. As an added benefit, turmeric doesn't have any side effects.

ANTI-DEPRESSANT

Curcumin has been shown to increase serotonin, dopamine and noradrenaline levels in the brain, all of which can play an important role in helping to ameliorate depression. Although the use of turmeric as a depression therapy is relatively new, findings to date are promising. Recently published studies (randomized, double-blind, placebo-controlled clinical trials) report curcumin to be equally as effective in treating major depressive disorder as some commonly prescribed antidepressants.

Given that turmeric, which is all natural and an easy addition to an everyday diet, has been shown to hold so many mental and physical benefits (without side effects commonly associated with medications), why not try it and add a bit of turmeric to your next cuppa at the Psychology Café*?

Impacting local and global communities through coffee

We love that Kai Coffee are using their passion for great coffee to make a difference. Not only is their coffee ethically sourced and roasted with top of the line technology, their mission is to raise funds and support impoverished children throughout various global communities.

Kai Coffee donates \$2 for every kilo of coffee they roast to projects that involve sponsoring children through World Vision and Compassion Australia, as well as supporting The Shepherd Centre in Uganda, a children's home for rescued boys off the street.

It's the best of both worlds – enjoying great coffee while knowing you are supporting their endeavour to make a difference!

KAI COFFEE
KAICOFFEE.COM

PSYCHOLOGY CAFÉ IS PROUD TO BE USING KAI COFFEE

STOP THE TRAFFIC

Hope for Survivors of Human Trafficking

The average age of a person who is trafficked for sexual exploitation, forced labour or domestic servitude, is only 12. The global statistics on human trafficking are shocking and confronting. Unlike the trafficking of drugs, traffickers who abduct, lure or blackmail young targets, can re-sell and on-sell them over and over; forcibly requiring them to perform services that are incomprehensible in their depravity. This heinous crime often goes unrecognised and unreported due to the complex and hidden nature of the underworld industry.

The psychological impact and trauma among those who have been trafficked can be immense. For those who survive, mental and emotional rehabilitation is crucial. For more than a decade, Psychology Café Psychologists have been developing mental health resources and facilitating trauma rehabilitation training for humanitarian organisations across the globe. We asked some of our key partners and leading 'stop the traffic' champions (A21, Hope for Justice and Destiny Rescue) to share a little bit about the amazing work they are doing to bring hope to survivors of the sex-slave industry.



SPOTLIGHT ON

A21



Based in 12 different locations across 11 countries, the mission statement of A21 is to abolish injustice in the 21st century. Through a comprehensive approach, A21 provides awareness and training in vulnerable nations to help young people evade trafficking, assists in the rescue and liberation of those who have been trafficked, and ultimately provides shelter, protection and aftercare (medical help, rehabilitation, job training and legal assistance) for survivors.

Recently, A21 has launched National Human Trafficking Resource Lines in Greece, Bulgaria and South Africa. These phone lines provide a nationally recognized access point for people who have been trafficked, as well as witnesses and authorities to call and gain assistance. During the 2016 Olympics, A21 ran a campaign called "It's a Penalty" which sought to raise awareness about child exploitation around Brazil. The campaign partnered with 11 international airlines and a number of sporting icons, including Usain Bolt.

When asked what is most crucial in the healing process for survivors of human trafficking, Executive Director for A21, Phillip Hyldgaard asserted, "At its core, I believe it's showing respect and unconditional love to the individual. The first thing that is taken from them is their value, which is why that is the first thing we want to give them back."

"That is where Dr Robi Sonderegger's program EMPOWER has been a huge success as a key part of our aftercare program", said Phillip. "It is so flexible and can fit into many settings, plus it's so easy to learn to facilitate, which is a huge deal when you are working in more developing countries where it can be hard to find highly skilled people. EMPOWER has been part of our program since the beginning. We have seen it be very instrumental in helping our survivors understand trauma and how to deal with its symptoms in a very practical and effective way. We have even seen survivors capable of forgiving their trafficker within just a couple weeks of running the program, it's that good!"

A21 has found that as survivors build emotional resilience, they're in a healthier place to testify against their traffickers which significantly increases the rate of successful prosecutions. Shockingly, only 1 in 100,000 traffickers are ever convicted in Europe. "However, when we empower survivors, bring back their sense of value and give them security and support, they are the strongest catalyst in seeing court cases won." says Phillip.



SPOTLIGHT ON

HOPE FOR JUSTICE



Hope for Justice works to bring an end to modern slavery and are based in the US, UK, Norway and Cambodia. They are working on the ground in eight locations across three continents and are continuing to expand rapidly. Their mission statement is to bring an end to modern slavery by rescuing victims, restoring lives and reforming society. “[Human Trafficking] is an affront to our shared values as human beings, and we’re determined to use our skills and resources to end it” says CEO, Ben Cooley.

Hope for Justice are a multi-award winning non-profit organization with a unique residential treatment program, designed to help survivors of sex trafficking recover at each stage of their journey. Their program is designed to provide the right kind of support at the right time, consisting of multiple homes uniquely designed to help survivors at different stages. The aim of Lighthouse Assessment Center (which is opened to survivors the day they are rescued) is to create a nurturing environment that allows the girls to regain a sense of safety and empowerment. It involves addressing the trauma of their experiences and making initial steps toward a positive future.

The Hope for Justice STAR House is then a step-down project for the survivors starting to reintegrate into a life of their own. Part of the process of reintegration is informed

by the Bridge Project, which serves to rebuild, strengthen, and restore the relationship of the survivor and her family, community and society. For teenage girls aged 13-18, who still require a full-time nurturing environment, Hope for Justice has established the Hope for Justice Dream Home which provides a safe, loving and full time place to live.

In addition to providing psychological and emotional rehabilitation, Hope for Justice recognizes the importance in education and providing alternative pathways for survivors beyond the sex industry. Shine Career School is a formally recognized education initiative that provides education through to Grade 10, as well as enrichment classes and vocational training. “Many of these young survivors come from family backgrounds where they had little or no education.” Says Ben. “But we are determined and dedicated to helping them overcome that, motivating them and encouraging them to leave their pasts behind and strive for their dreams. And that’s what we really want for them – to show them all that they are capable of. I couldn’t be more proud. And it’s all thanks to our generous supporters.”





SPOTLIGHT ON
DESTINY RESCUE



Destiny Rescue is known for their fearless approach to rescuing children from the sex industry in Thailand, Cambodia, Laos, Philippines, India and the Dominican Republic. Trained agents, posing as customers, go into the places where sex is being sold and look specifically for children caught in the industry. Agents work to befriend and gain the trust of children by showing respect and genuine concern, before helping them build the courage to consider an escape plan. It's dangerous work and requires serious care and planning, but for the agents, saving the life of a child from the horrors of the sex industry is always worth the risk. "Our mission at Destiny Rescue is to see children rescued from the horrors of the sex industry. Our goal is to see the end of child sex slavery in our lifetime" says Robert Webber, Country Manager for Destiny Rescue Cambodia.

Destiny Rescue is a Christian organization. Robert contends it's their faith and desire to share God's love that forms the heartbeat of their foundation. "We encourage, nurture and support children without discrimination."

While a number of children are kidnapped and forced into the industry, some are actually sold into by their impoverished families. Recognizing the complexities of the issue and that bringing a rescued child home to their family is not always the safest option, Destiny Rescue runs

numerous aftercare initiatives. Destiny Rescue's safe homes provide shelter, food, medicine, counselling and a loving environment for the children to recover in.

The emphasis during recovery is on emotional wholeness and healing. As part of their aftercare service, Destiny Rescue also employ Dr Robi Sonderegger's EMPOWER trauma rehabilitation program. "By utilizing EMPOWER, we have seen anger and behavioural issues diminish giving us the opportunity to sow good things into their lives" Robert says. "Once a child can see clearly through the pain they have been through, we have the chance to teach tolerance, self-worth, equality and above all love". Additionally, Destiny rescue offers life skill classes and provides education to help survivors find new career paths.

TO FIND OUT MORE ABOUT THESE ORGANIZATIONS AND SUPPORT THE WORK THEY ARE DOING PLEASE VISIT

A21 A21.ORG
 HOPE FOR JUSTICE HOPEFORJUSTICE.ORG
 DESTINY RESCUE DESTINYRESCUE.ORG/AUS/

Photos courtesy of Destiny Rescue





SHAKE IT UP

Psychology Milk Bar - just for kids!

Psychology Café® isn't just destigmatising psychology for adults – we've shaken things up for the kids too! Fitted out in the classic 1950's retro style, the all new Psychology Milk Bar® offers a fun, relaxing and safe environment for the kids to have a little 'Milkshake Therapy'.

The Psychology Milk Bar offers professional child-friendly assessment and intervention by a dynamic team of psychologists who specialize in a range of developmental disciplines. With the understanding that each child is unique and has different needs, our team offers a holistic treatment approach tailored to the individual child.

Fitted out with semi-private booths, a milkshake bar and even a jukebox, the Psychology Milk Bar engages children in a way that is fresh and stimulating. Never before has therapy been so fun!

Psychology Milk Bar breaks the mould of mental, emotional and behavioural health service delivery for kids. Milkshake Therapy is professional yet fun, innovative yet inviting, social yet personal and private.



Transitioning to High School

The transition from primary to high school can be a daunting process for young people. It's a sudden shift from the familiar to the unknown. Students who were previously the eldest in their school are suddenly the youngest; instead of being in one classroom with one teacher, students are doing multiple subjects in different classrooms with different teachers. They are meeting lots of new people, and may be starting high school without a familiar friendship network. This process not only stretches student's organisational and academic skills, but their social skills and emotional resilience. Transitioning to high school is a big adjustment, and while many students will thrive through the transition, for some students these changes can lead to feelings of anxiety, and challenge both their identity and self-esteem.

We asked Sarah Harriott (Clinical Psychologist and Psychology Milk Bar Team Leader) what are three quick keys to help young people manage their transition to high school and reach their potential.

TIP 1

Identify and create a list of values that are important to you: Core values help shape you and your friendships throughout your high school years.

TIP 2

Replace doubts with enthusiasm: Your academic potential has as much to do with self-belief, discipline and organisation as it has to do with intelligence.

TIP 3

Take care of yourself: Sleep, diet, and exercise are like the foundations of a house - if they are not solid, everything else will crumble when put under stress.

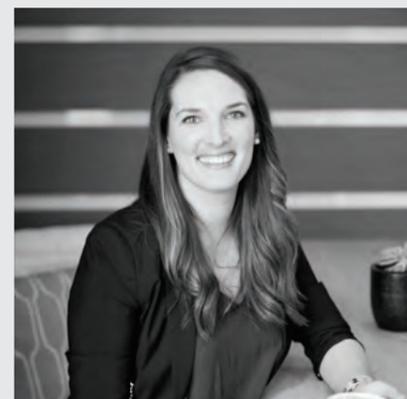
In 2017, Psychology Milk Bar is hosting a series of Group Workshops, aiming to help:

- *Grade 7 students THRIVE through the transition from primary to high school*
- *Grade 12 students to THRIVE through senior high*



TRANSITION TO HIGH SCHOOL

EQUIP YOUR STUDENT FOR A SUCCESSFUL TRANSITION TO HIGH SCHOOL WITH A FREE PRESENTATION WITH CLINICAL PSYCHOLOGIST, SARAH HARRIOTT



SARAH HARRIOTT
CLINICAL PSYCHOLOGIST, MAPS

Transition from primary school to high school can be a daunting process! In this fun and interactive presentation, grade 7 students and their parents will learn evidence-based tools and strategies to start their high school journey from a position of strength.

Presentation topics include:

- Learning effective study habits
- Overcoming social distractions
- Building social skills

Coming to your school
in 2017!

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eCOUCH

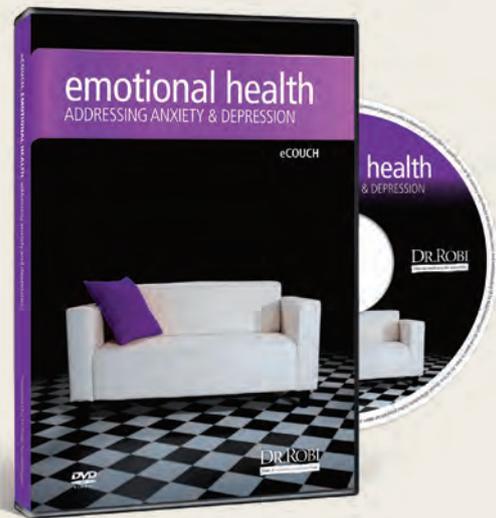
Emotional Health

In this intimate one-on-one therapy simulation, the latest empirical evidence is explained in easy-to-understand ways for practical application. The eCOUCH is an innovative education series designed to equip and empower you and your family with life-changing resiliency skills.

This program:

- *Presents an in-depth look at the way clinical anxiety and depression manifest*
- *Reviews the most up-to-date neuroscience on both maintaining factors and effective interventions for emotional problems*
- *Teaches life skills not only to manage stress, but to renew your mind and ultimately bring about life transformation*

THE DVD SERIES AND WORKBOOK PACKAGE IS AVAILABLE FOR PURCHASE ONLINE AT WWW.DRROBI.COM/EMOTIONAL-HEALTH/



LET'S STAY SOCIAL

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