



2019 GROUP PROGRAMME

Cognitive Behaviour Drama: Girls Intensive 5-7 years old



WHO

For girls who are 5-7 years old and have a diagnosis of Asperger's Syndrome or ASD Level 1.

Psychologists: Ms. Toneya Ashby and Ms. Radhika Tanksale, Psychologists

PROGRAMME DESCRIPTION

Cognitive Behaviour Drama (CBD) provides a new and engaging platform to explore and practice the rules of social interaction, and develop competencies associated with communicative success. Children in the group participate in exciting fictional scenarios which encourage them to seek solutions to numerous problems that will lead them to an understanding of causal relationships (i.e., how a different course of action or behavior may affect the outcome of an interaction). They may be embarking on an adventure as the crew of a pirate ship, or explorers on the hunt for lost treasure – the theme emerges based on the needs and interests of the children in the group, with the story developing and unfolding over the duration of the program.

CBD is unique in its methodology; combining the use of drama and creativity with the subtle teaching of skills such as:

- Listening
- Turn-taking
- Teamwork
- Initiating and responding to social cues
- Reading and interpreting non-verbal cues
- Awareness and appropriate use of body language
- Inhibitory control (reducing impulsivity)
- Verbal and vocal expressions
- Recognition and expression of emotions

Participants are not explicitly instructed to perform these target skills – rather, they are invited to join an interactive story where the natural need for these skills becomes apparent. Children are led through a problem-solving methodology to understand the functions that these skills serve, and how they could help them to achieve their objectives. Motivation thus is based on understanding as opposed to reward, and reinforcement arises as a natural consequence.

WHERE

Minds & Hearts, Suite 6, Level 1, 88 Boundary Street, West End.

WHEN

Five sessions during the school holidays.

Children: 1:00 pm – 02:30 pm 8th – 12th April 2019 (Monday to Friday)

Parents: 2:30 pm – 3:00 pm Session 1 (Monday 8th April) and Session 5 (Friday 12th April)

Children must attend all 1.5 hours sessions.

Parents must attend two 30-minute sessions at the end of Session 1 and Session 5 while children are supervised.

HOW

To register interest, please book an appointment if you are not currently seeing a psychologist at Minds & Hearts. The appointment will take one hour. The aim of the appointment is to determine suitability for the group. Should the group not be suitable, an alternative plan will be advised.

COSTS

Most participants will be eligible for a Medicare Rebate. Please enquire with your GP.

Initial Assessment - \$240.00 + 5 group sessions @ \$150 each (\$750 total). For participants to be eligible to receive a rebate from Medicare the group will require at least 6 participants. **Please note: The total cost of the group sessions is \$750 irrespective of whether your child attends each one of the five scheduled sessions.**



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1:00 pm – 3:00 pm: 8th – 12th April, 2019 (Monday to Friday)

GROUP REGISTRATION FORM

TAX INVOICE ABN: 51 128 736 103

Please complete this form to register your child and to nominate your payment method.
Return it to reception staff in person, via email to info@mindsandhearts.net

Name: _____ Age: _____ Gender: M/F Date of Birth: _____
Parents Name: _____
Email: _____

Payment for the group sessions is made in an upfront payment. Either online through our website or by returning this form.

Please note: The total cost of the group sessions is \$750 irrespective of whether your child attends each one of the eight scheduled sessions.

N.B: If you have a Mental Health Care Plan for group therapy please be aware the rebate cannot be processed until the day of each session.

There are 4 easy payment options:

OPTION 1: IN PERSON

Please make your payment to one of our friendly receptionists at Minds & Hearts.

OPTION 2: ONLINE

Please make payment online through our website. We will happily email you the link to make payment.

OPTION 3: BANK DEPOSIT:

Account Name: Minds and Hearts Pty Ltd

BSB: 034 013

Account Number: 241 976 **Reference: Your Child's Surname**

OPTION 4: CREDIT CARD (Please circle): Mastercard Visa

Name on card: _____

Credit Card Number: _____

Expiry Date: _____ / _____

Signature: _____

Date: _____