

TUNING INTO TEENS PROGRAM

P A R E N T S

21ST February to 11th April 6.30-9.00PM weekly

Tuning into Teens parenting skills program, is for parents of transgender, non-binary and gender questioning teens/young people run at The Gender Centre.

This is a eight-week parenting skills program, run by two psychologists, one day/evening a week for two hours.

The program will teach parents how to manage their own emotions and their adolescent's emotions in ways that help them to remain close, connected and communicating.

Clinical psychologist Dr James Morandini will facilitate the program, (trained in Tuning into Teens) with another psychologist from our pool of interns.

Course outline

Session 1: The foundations for Emotion Coaching teens

Session 2: Connection and Emotional Acceptance

Session 3: Building Connection and Showing Empathy

Session 4: Emotion Coaching Fear

Session 5: Emotion Coaching Anger

Session 6: Emotion Coaching Now and in the Future

Session 7: Applying Emotion Coaching to Common struggles of trans, on binary and gender questioning teens

Session 8: Using emotion coaching to assist your trans, non binary and gender questioning teens with future struggles

Places are limited to eight

Contact the centre to reserve your place on 9569-2366