



NEWSLETTER

We'll be covering service updates, new developments, and resources for yourself and your patients. Including information about contemporary research & therapy, and introduce you to our staff and our programs. We hope that you enjoy this first edition of our newsletter.

PERINATAL CLINIC

We have a team of clinicians who are trained and experienced in working with Perinatal Mental Health and can help with a wide range of difficulties with immediate availability;

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TECH-ADDICTED KIDS

FREE WEBINAR for parents of tech-addicted children and teenagers. Covering gaming, YouTube, social media and cyber safety.

17th September 2020

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NEW OT

The Hummingbird Centre welcomes Occupational Therapist Wendy Noble. Wendy has over 20 years experience in diverse clinical settings and is currently accepting new clients.

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COOLKIDS
Starting Term 4 2020



PERINATAL

Clinic

The Hummingbird Centre's Perinatal Mental Health Clinic has expanded and has **immediate availability** to take new clients our new clinic at Quora, Newcastle Private Hospital's Outpatient **Specialist Centre**. We are delighted to announce the expansion of our Perinatal team, with the addition of Dr Lisa Millar, Clinical Psychologist; Dr Shanna Logan, Clinical Psychologist, Vicki Mansfield Mental Health Accredited Social Worker and Alison Gosling, Psychologist. These lovely and highly experienced clinicians join the existing perinatal clinicians at The Hummingbird Centre, including Dr Rickie Elliott, Clinical Psychologist; Joelle Clark, Psychologist; and Ashleigh Fitzgerald, Accredited Mental Health Social Worker. All of our Perinatal clinicians are highly trained and experienced in the field.

Perinatal and Infant Mental Health Services include assessment and treatment for:

- Antenatal and Postnatal Anxiety and/or Depression
- Child Birth Preparation/Anxiety
- Birth Trauma
- Perinatal Grief and Loss
- Sleep-related Anxiety
- Couples Conflict
- Attachment and Bonding Concerns
- And more...

The Hummingbird Centre also frequently runs Postnatal Anxiety and Depression Group Programs and Circle of Security Parenting Groups.



17th September 7:30pm

Gaming and screen time is often at the forefront of a modern parent's mind. Knowing the many opportunities that technology provides, it can be difficult to balance the benefits with some of the risks. Excessive gaming and screen time is a concern that offers simmers at the surface for many when kids are accessing their devices. For many Australian families, they face an ongoing struggle of getting children and teens off their devices. This session will aim to help parents understand why some young people can find it hard to get off their games, and explore some of the psychological tricks that game developers use to maintain player engagement. We'll explore common questions that parents have about screen time, including why kids love watching other kids play games on YouTube. We will look into the red flags that parents can look out for if children are having problems with excessive gaming, and discuss

practical strategies for managing device use at home. We will also touch on social media and cyber safety, and provide parents with additional resources to follow-up with after the session.
PRESENTER: Jordan Foster, Clinical Psychologist



COOL KIDS

Term 4, 2020

The Cool Kids program is a 10 session Cognitive Behaviour based therapy group which specifically targets children aged 8 years to 12 years who meet criteria for an **Anxiety Disorder** or who have high levels of anxious symptoms.

The Hummingbird Centre **Psychologist Madeleine Berryman** will be running the kid's online group. Madeleine is an accredited Cool Kids provider.

The Hummingbird Centre **Psychologist Nimra Bilgrami** will be running the parent's online group. Nimra is an accredited Cool Kids provider. The parenting sessions are to enable parents to best support their children learn these new skills, to help them practice the new strategies in day-to-day activities.

Knowledge areas covered in the Cool Kids program include:

- Psycho-Education (education about anxiety)
- Identifying Anxiety and Relaxation
- Identifying and Challenging Thoughts
- Facing Your Fears
- Problem Solving
- Assertiveness
- Managing Bullying



 **COOL KIDS**
ACCREDITED

Introducing

Wendy Noble

Occupational Therapist



Wendy has over 20 years experience in diverse clinical settings. By providing a mobile therapy service Wendy can customise her interventions to suit the desired functional goals across all aspects of the child's life offering consultations at home, school, day-care, clinic and other community settings. Wendy is committed to utilising evidence-based intervention to optimise each child's capacity and competence in all key daily activities.

Wendy has experience with children with ASD, Dyspraxia, Joint Hypermobility and Ehlers Danlos Syndromes, ADHD, ODD, Sensory Processing Disorder, Development Delay, Intellectual Disability, Neurological conditions, Chromosomal conditions, Congenital conditions, Feeding issues, Mood disorders, and much more.

Wendy can help with:

- Daily living activities
- Fine & gross motor difficulties
- Handwriting assessments
- Social skills
- Attention & concentration
- Play skills
- Emotion regulation & relaxation
- Trauma treatment
- Behaviour management strategies
- Clinical observations
- NDIS assessments
- Movement facilitation
- Custom equipment
- Anxiety Treatment

In our next Newsletter we'll be covering **EMDR** therapy and **PTSD**.

