

Circle of Security

This program will be run by Family Psychologist Phil Bird of The Hummingbird Centre and commences on the 9th of February 2021. The program and will run for 8 weeks and is designed for parents and carers of children 0-12 years who would like support to help their children build secure relationships. This early intervention program focuses on relationships to give children emotional support, meet their relationship needs, turn negative patterns into positive patterns, manage strong emotions constructively, enhance school readiness, and improve self-esteem and peer relationships. Further information about this course can be found at <http://www.hummingbirdcentre.com.au/events/circle-of-security>



Happy New Year!

Welcome to 2021! Our staff are all back in the office and we're excited to begin a bigger and better year at The Hummingbird Centre. We hope that you had a chance to rest and recharge over the Christmas and New Year period, and we look forward to working with you and your patients.

Changes to Referral Requirements

The Department of Health has recently advised that all referrals (referral letters) under Medicare (Better Access) must now specify the number of sessions in a course of treatment. The Department of Health has recently advised that all referrals (referral letters) under Medicare (Better Access) must now specify the number of sessions in a course of treatment.

If a Psychologist or Accredited Mental Health Social Worker

Medicare Referrals **P.1**

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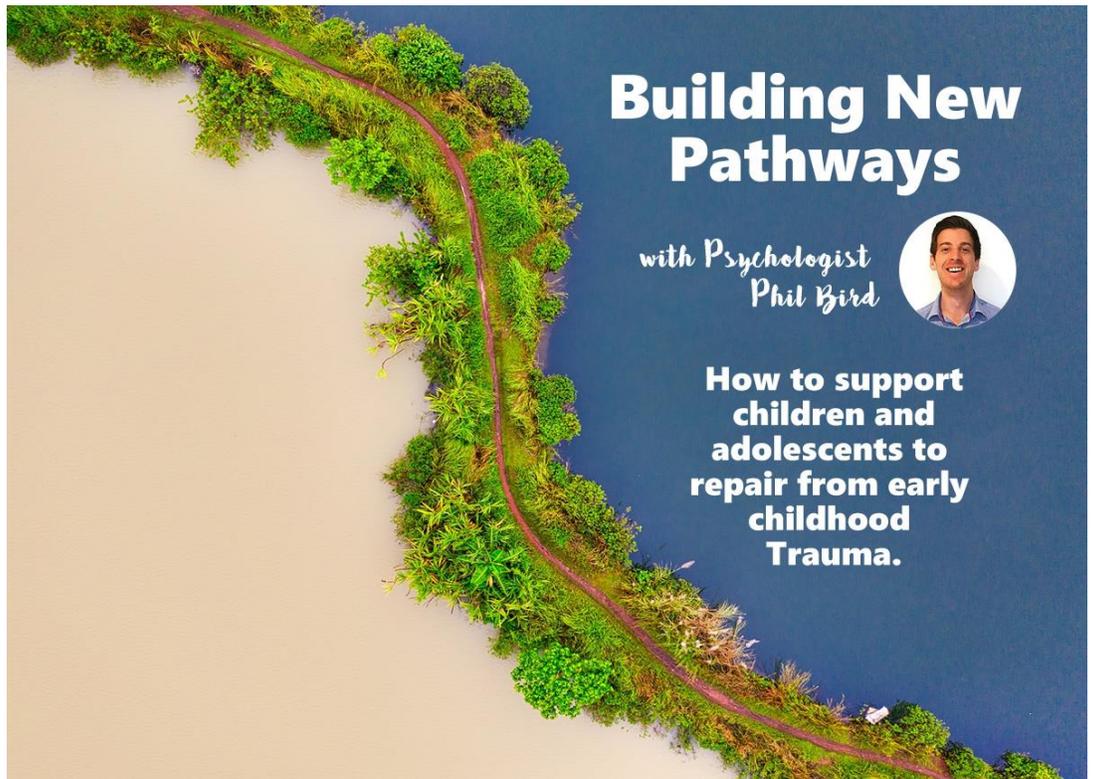
Cool Kids for Anxiety **P.3**

referral that does not specify the number of sessions, that clinician must contact the referring doctor or their practice to confirm the intended number of sessions in the course of treatment. This confirmation can be verbal confirmation, as long as it is documented. Thus, you may receive calls from our staff to confirm the number of sessions on a referral if this is not stated on the referral letter in the first instance. Specifying the number of sessions on all referrals will provide an efficient and effective process. Our staff are happy to discuss this further with you if you would like any clarification.



Get Wet for Wellbeing Swim Program

Monday 1st February 2021, this free 10 week program commences – places are limited. This program is for mums with babies aged 4-12 months, and will be held in Toronto with the support of First Splashes Swim School. Mums will have the opportunity to connect with their baby in a supportive environment, whilst engaging in an enjoyable activity that enhances their own physical and emotional wellbeing. Participants will also be invited to a 'Tea & Coffee Catch Up' after the swim classes, facilitated by Accredited Mental Health Social Worker Vicki Mansfield, providing opportunities for support & questions about infant development, responsive parenting, and parent wellbeing.



Building New Pathways

with Psychologist
Phil Bird



How to support children and adolescents to repair from early childhood Trauma.

Building New Pathways for Parents and Carers

Commencing on Tuesday the 2nd of March 2021, this 3 part series run by Family Psychologist Phil Bird of The Hummingbird Centre provides practical strategies to support children and adolescents who have experienced early developmental trauma.

The course will explore trauma and brain development, practical strategies for complex behaviours, and relationship-based strategies for improving connections with children including:

- Understanding the impact of trauma on brain development and “Building New Pathways” ; nervous system repair strategies.
- Adapting parenting styles to develop therapeutic relationships.

- Exploring the common behaviours that can present as a result of compromised brain development;
- Developing an understanding of children’s behaviour through The Window of Tolerance and the trauma lens for trauma-based symptoms and exploring practical strategies for preventing challenging behaviour;
- Learning trauma-informed response strategies for common difficulties and behaviours such as anxiety, defiance, emotional outbursts, hyperactivity, sleep problems, and aggressive behaviour.

<http://www.hummingbirdcentre.com.au/events/classes-and-workshops-for-clients/building-new-pathways-for-foster-and-kinship-parents/>



Cool Kids

Starting on the 9th of February 2021 (on Tuesday afternoons) we will be running the Cool Kids program for children aged 8 to 12 years with an anxiety disorder or high levels of anxiety symptoms. The Cool Kids program is a 10 session Cognitive Behaviour based program and will be run by our psychologists Madeleine Berryman and Nimra Bilgrami. Madeleine and Nimra are both accredited Cool Kids providers, and will be running the children's and parents' program, respectively.

The children's program allows children to learn to:

- o Recognise emotions such as fear, stress and anxiety;
- o Challenge their beliefs about these emotions; and
- o Encourage them to engaged in previously-avoided activities in more positive ways.

The parenting sessions enable parents to best support their children to learn these new skills and help them practice the new strategies in day-to-day activities.

Further information can be found at

<http://www.hummingbirdcentre.com.au/event/cool-kids>

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