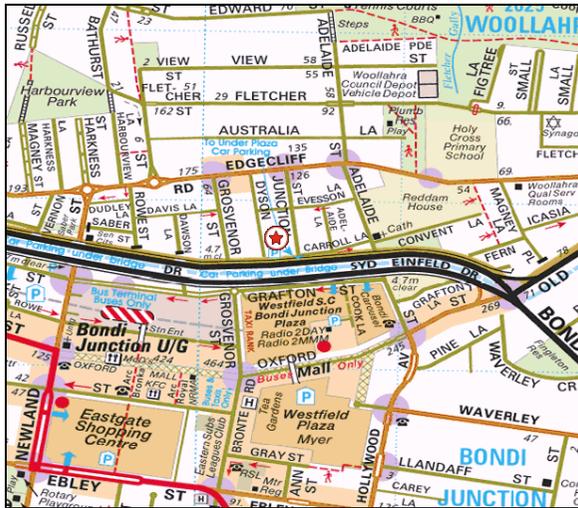


Where?

Parks Clinic, located at 12 Junction St, Woollahra, near the Bondi Junction bus/train Interchange



Two-hour parking is (usually!) available on the street. Entry to Junction Street is via Edgecliff Road, and there is an entrance to the Westfield car park at the end of the street.

What is the cost?

\$600 per couple. This includes light refreshments, excellent coffee and light lunch.

How do I register?

If the registration form insert is missing from this brochure, download from www.parksclinic.com/stepfamilies but if you prefer to interact with a person, call Lorraine 0408 137 973 or Parks Clinic 9389 4512.

The workshop leaders

Dr Henry Luiker - Clinical Psychologist

MClinPsych Macq, PhD Syd, MAPS (Clinical)

www.parksclinic.com

Henry has over thirty years experience as a clinical psychologist, working with adults, children and families as well as other groups. He has a special interest in the complementarity and conflict between the “female/maternal” qualities of emotional empathy and intuition and the “male/paternal” qualities of action and problem-solving. He is co-director with his wife of Parks Clinic, a child and family clinic in Woollahra.

Lorraine Corne – Consulting Psychologist

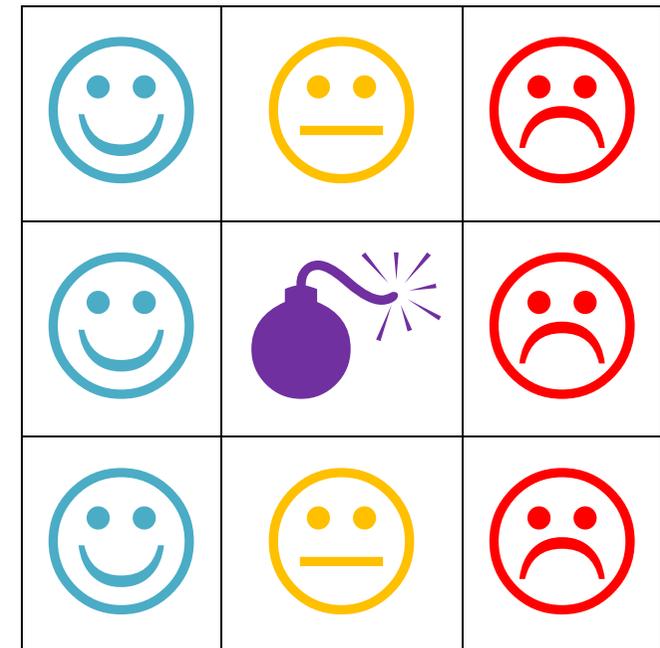
BA(Hons)UNSW, DipEd, MAPS, MCCounP, IMAPA

www.lorrainecorne.com.au

Lorraine has worked in private practice for 20 years. She has two clinics, one in Bellevue Hill and one in Gordon, on Sydney’s Upper North Shore. Lorraine works with adults, couples and adolescents. She works with a number of different therapies, ensuring that the therapy matches with the clients’ needs and outcomes. Lorraine has been involved with the Australian Psychological Society for many years, being a former chair for State and National positions in the College of Counselling Psychologists and was a founding member of the Interest Group for Children, Adolescents and Family.

MAKING STEPFAMILIES WORK

Two day workshop for couples



(not the Brady Bunch)

What the workshop offers:

First a few facts.

1. 22% of Australian families are step families.
2. Parenting is hard
3. Step-parenting is harder

This workshop offers parents managing stepfamilies a place to formally learn about the common features of stepfamilies. This will better equip you for the task. A stepfamily demands different expectations and roles, so our aim is to encourage an awareness of the need to forge new ways of being in a stepfamily. If you ever said out loud, or perhaps just thought to yourself, “ARRRRGH! This is not the Brady Bunch” or “No one told me how to be a parent in a step family”, this is the workshop for you.

It will also be an opportunity to share and acknowledge with others your emotional responses to living in a stepfamily. This is often a huge relief in itself.

Each participant will be provided with new strategies for coping with the difficult stepfamily dynamics and relationships. At the same time we will promote and practice the art of acceptance of each individual’s current and prior situation no matter how complex or difficult these are.

In these ways, there will be a balance between practical discussions and guidelines regarding what works, and exploration of your own creative solutions in a very safe environment. You will have an opportunity for both intellectual and experiential learning.

We aim for each couple to leave the workshop with a renewed, *joint* perspective which celebrates the viability and positives of stepfamily life, with better *joint* skills for dealing with the problems that just seem to keep getting in the %#@*ing way.

The workshop will be led by a male/female pair of family psychologists who will (hopefully!) demonstrate the challenges and benefits of integrating different perspectives.

Topics covered:

Day One

Know your stepfamily

- The unique structure and complexity of the stepfamily
- Identify and understand feelings often experienced in stepfamilies
- Begin to develop realistic expectations of stepfamily life

The couple in the stepfamily

- The importance of nurturing the couple who holds together the stepfamily
- Ways for the couple to build and strengthen their relationship

The past and new beginnings

- Acknowledging the impact past relationships have on the current relationship
- Becoming aware of and communicating expectations for the current relationship
- Becoming aware of the need to nurture stepfamily subsystems

Day Two

Parenting roles

- Awareness of the challenges facing the stepparent and the biological parent
- Developing workable step / parenting roles

Children in the stepfamily

- Awareness of the changes and feelings children in a stepfamily experience
- Exploring ways to give children emotional support

The stepfamily journey

- The positives and new possibilities of stepfamily life.
- The stepfamily life cycle
- Practical ways of building new family activities and traditions

Who is it for?

Couples of any gender managing a stepfamily. A stepfamily is a home with at least one child living there full-time or part-time where there is a blood / primary tie with one adult and no blood tie with the other adult.

When?

The workshops will be held over two consecutive Saturdays, 9:00AM to 4:30PM, starting in August 2014. (Yep, it’s two big days).