



Welcome to our Spring Hummingbird Centre Newsletter!

What's on at The Hummingbird Centre?

We are running **Cool Kids online** in Term 4. The Cool Kids program is a 10 session Cognitive Behaviour Therapy (CBT) group for children aged 8 to 12 years who have high levels of anxiety or reach criteria for an anxiety disorder. You and your patients can find information about this program at <http://www.hummingbirdcentre.com.au/events/cool-kids/>

For you or your clients we have a **FREE** webinar on **Gaming and Tech Addiction** on the 17th of September 2020 at 7:30pm, run by Jordan Foster. Further information can be found at <http://www.hummingbirdcentre.com.au/events/classes-and-workshops-for-clients/>

And for health professionals we have:

- Lisa Dion presenting an online webinar series on **Synergetic Play Therapy** called **A Neurobiological Approach Using Play in Therapeutic Practice with Children**, which starts on the 12th of October 2020. Further information including registration can be found at <http://www.hummingbirdcentre.com.au/events/synergetic-play-therapy-webinars/>
- Tina Payne-Bryson presenting 2 hours of online training on **Relationships, Behaviour, and an Integrated Brain**. Dr Payne-Bryson is the New York Times bestselling author of *The Whole-Brain Child* (co-author) and *No-Drama Discipline*. Further information regarding this training can be found at <http://www.hummingbirdcentre.com.au/events/integrated-brain/>

Resources to support professionals' and patients' psychological wellbeing:

COVID 19 is a challenging time for many. There are a number of apps and programs available on both Apple and Android devices that can assist your patients with managing stress and psychological wellbeing, and are currently free or offer free versions. These include:

- Smiling Mind app
- Healthyminds app
- Mindshift app (teens and young adults)
- COVID Coach app (USA based – contains helpful strategies)
- Moodgym – an online self-help program for anxiety and depression <https://moodgym.com.au/>

The Australian Psychological Society has also released some helpful information sheets for coping during COVID 19, which you or your patients can use, and these can be found at <https://www.psychology.org.au/for-the-public/Psychology-topics/COVID-19-Australians>

Borderline Personality Disorder Awareness Week: October 1-7, 2020

The first week of October is Borderline Personality Disorder Awareness Week. Between 2%-5% of Australians experience Borderline Personality Disorder (BPD). **Dialectical Behaviour Therapy (DBT)** is an effective, evidence-based therapy for people with Borderline Personality Disorder (BPD). There are some well known DBT programs in Newcastle, including The Centre for Psychotherapy, DBT groups run through some of the private hospitals, and our clinicians at The Hummingbird Centre have training and experience in delivering individual DBT. The core elements of DBT are teaching mindfulness skills, emotion regulation, distress tolerance, and interpersonal effectiveness skills.

In addition to DBT, **Schema Therapy** is another evidence-based therapy that has been found to be effective for working with people with personality disorders and other entrenched and chronic characterological issues associated with mental health problems. Schema Therapy has also been used successfully to treat trauma presentations, and can be utilized in a complementary way with the use of Eye Movement Desensitisation and Reprocessing (EMDR).

Schemas are sometimes referred to as “Early Maladaptive Schemas”, and are self-defeating emotional and cognitive patterns, which drive behaviour including patterns of coping. These schemas usually result from unmet core emotional needs during childhood, perpetuating throughout life. They present as a broad, pervasive pattern, and are comprised of memories, emotions, thoughts, and somatic experiences. Schemas develop during childhood or adolescence, relate to the self and one’s relationship with others, and are dysfunctional to a significant degree.

Schema therapy assists the individual to develop more adaptive coping styles through cognitive, behavioural, and affective interventions to decrease activation of schemas and the associated distress, and improve the person’s responses.

Phone 02 4946 0919 to book, or
Fax referrals to 02 4942 6041

Please see our website www.hummingbirdcentre.com.au/our-team/ for further information on our team members and services.

Please don’t hesitate to contact us with any questions or queries.

Sincerely,
The Hummingbird Centre Team
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www.hummingbirdcentre.com.au