



January 2017

Creature of Habit?



Habit

A **habit** is a routine behaviour that is repeated regularly and tends to occur subconsciously.

Whether you realise or not, we all have habits, we are creatures of habit.. its our nature and most of the time you are so used to your 'Habit' that you have no idea you are even doing such a thing like: putting your seat belt on as you get into the car, brushing your teeth before bed or turning lights off as you exit a room, even down to flushing the toilet when you are finished.. these are all habits.



Now although most habits are good, we all have some bad habits that are hard to get rid of.....
but what if you could change your habits to suit you and they actually stick?

James Clear has written a fantastic article called 'The 3 R's of Habit Change: How To Start New Habits That Actually Stick', which details a helpful framework that can make it easier to stick to new habits so that you can improve your health, your work, and your life in general.

Introducing our newest member to the [Drop Of Life](#)
Team
Tracy de Beer



Tracy is a registered Psychologist with the Psychology Board of Australia. Tracy has completed a Bachelor of Social Sciences (Psychology) with Honours, majoring in Counselling, at Bond University. Tracy's key interests include:

- *Infant and child mental health*
- *Child development*
- *Parenting*
- *Disability specific support*

Tracy is passionate about infant and child mental health, and supporting parents to have secure and positive relationships with their children. She uses a strengths-based, attachment-focused, family-centered approach, building on the individual and/or family's strengths to enhance therapeutic outcomes. Tracy has experience and training in many parenting and attachment programs, including Triple P, Circle of Security, and Bringing Up Great Kids, as well as play-based therapies such as Theraplay.

We've been



Our team at Drop Of Life have been gathering information from their learning and experience and have brought it to the practice.

To tease out years and years of knowledge is tough and as a result, the disclaimer of our blogs are that some are our formulations of what works and some are other people's information and learning that we admire and agree with.

We have been tackling subjects such as:

- How Can I Manage Stress?
- Grief and loss in children with intellectual disabilities.
- What do women really want?
- Conforming to the norm.
- The arrival of the new baby and adjusting to parenting.
- Therapy with kids and teens.
- Depression.
- The tough teen years.
- How to teach your children Emotional Intelligence.



Benji's Tip

*Start everyday with
new hope, leave
bad memories
behind and have
faith for a better
tomorrow.*



BLAKE

Blake, you have won a WHOLE JAR OF GUMMY BEARS for guessing the correct amount in last months competition.

Please see Jasmine at Reception to collect your sweet treat.



This month we will be hosting a

COLOURING COMPETITION

If you would like to enter, please see Jasmine at reception. The winner will be announced next month and will receive something special.

Get colouring kids!!!





NATALIE TURVEY

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



TRUDY GOSCH

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years. Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



PAMELA HARDING

Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities.



DONN TANTENGO

Donn Tantengco is a generalist psychologist. He has worked across a variety of settings. His experience includes providing counselling under employee assistance and Veteran Services arrangements. He is experienced in working with clients to address presenting issues such as anxiety, depression, grief and loss, relationship difficulties, adjustment, and coping with trauma/PTSD. In addition to working with clients individually, he also enjoys working within a couples/family framework and has a special interest in these approaches.



JASMINE SLATER

Our friendly Administration Officer Jasmine is always here to help.



LOUISE DEMPSEY

Our friendly Administration Officer Louise is currently away on maternity leave and will be back at Drop Of Life early October 2016.



BENJI THE GREAT

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 3 year old (which is a mature 28 in doggy years!) and has been working in the clinic since he was 6 weeks old.

