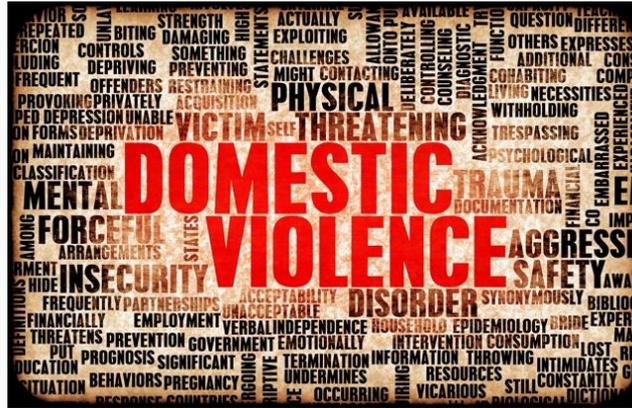




November 2016

Is it affecting you?



We have all heard about it, but is domestic violence affecting you?

Domestic Violence isn't just hitting, or fighting, or an occasional mean argument. It's a chronic abuse of power. The abuser tortures and controls the victim by calculated threats, intimidation, and physical violence. Actual physical violence is often the end result of months or years of intimidation and control.

This month we will be focusing on domestic violence because in the first week of December (5-7th) the annual **STOP DOMESTIC VIOLENCE** conference will be held at Mercure Brisbane and will feature 9 interactive workshops on Wednesday 7 December 2016. These presentations will address a range of topics including Children's Safety & Wellbeing, Preventing Violence, Working with Diverse Groups, Developing Better Mental Health and Working with Perpetrators.

For more details on each workshop or to view the full 3 day program, please visit the conference website

stopdomesticviolence.com.au



Children and Domestic violence

Sometimes we seem to forget how domestic violence can affect our children.

"Children who've witnessed domestic violence often have confused and contradictory feelings about their parents. Often children feel torn over loyalties and caught in the middle of the conflict."

—Betsy McAlister Groves, LICSW

NCTSN in partnership with Futures without Violence has developed ***Children and Domestic Violence***, 10 fact sheets for parents who may have left—or still be in—an abusive relationship. The fact sheets help families living with domestic violence or its aftermath to learn the following:

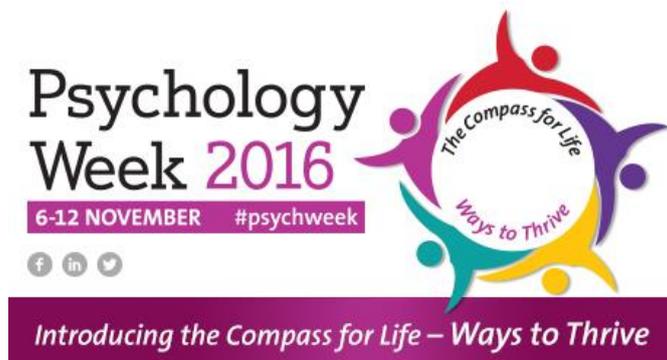
- How they can get help for themselves or someone else in a domestic crisis
- How they may see their children react to domestic violence
- How they can best help their children to feel safe and valued
- How they can help children to develop personal strength

The ***Children and Domestic Violence*** fact sheets not only give information, but also specific, hands-on strategies for parents to make and keep their children safe, to help them explore their feelings and share their experiences, to talk to children about domestic violence, to make the most of children's playtime, to stay connected to preteens and teens, to appropriately comfort and soothe children's fears, to manage children's tantrums and aggression, to aid children in an ongoing relationship with an abusive parent, to get more help for your child if things are not improving, and to learn to take handle stress and to come up with a plan for self-care.

- #1—[How Does Domestic Violence Affect Children?](#)
- #2—[Celebrating Your Child's Strengths](#)
- #3—[Before You Talk to Your Children: How Your Feelings Matter](#)
- #4—[Listening and Talking to Your Child About Domestic Violence](#)
- #5—[The Importance of Playing with Your Children](#)
- #6—[Keeping Your Children Safe and Responding to Their Fears](#)
- #7—[Managing Challenging Behavior of Children Living with Domestic Violence](#)
- #8—[Where to Turn if You Are Worried About Your Child](#)
- #9—[Helping Your Child Navigate a Relationship with the Abusive Parent](#)
- #10—[A Parent's Self-Care and Self-Reflection](#)

For more information on Children and Domestic Violence, please visit the below link

<http://www.nctsn.org/content/children-and-domestic-violence>



Feeling positive about psychology

Psychology Week is an opportunity to demystify and communicate the depth, breadth and many benefits of psychology to people who may never have considered visiting a psychologist before.

This year, the focus of Psychology Week will be positive psychology, in collaboration with one of the leading centres in the field, The University of Melbourne's Centre for Positive Psychology. The theme of positive psychology will focus on improving mental-health literacy and wellbeing. The aim is to reverse the stigma of seeing a psychologist by showing it is a

normal and practical way to improve people's lives, relationships, performance and health. By raising awareness of positive psychology, psychologists from different fields are empowered to share their knowledge and make an impact in their local community.

The Survey

Since 2011, the APS Stress and Wellbeing Survey has been the centrepiece of Psychology Week. In 2016, the survey will continue to assess the levels of stress and wellbeing of Australians while also including a number of additional research tools, including Butler and Kern's (2015) PERMA Profiler

For more information or to take the survey, visit:

www.psychology.org.au

ONLINE BOOKINGS

NOW AVAILABLE

With

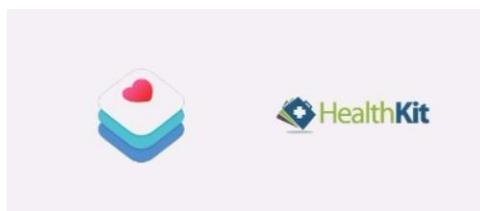
HealthKit

Each of our providers has their own link on our website

www.dropoflife.com.au

or click on the link below and get started

<https://www.healthkit.com/find-a-practitioner-step-one>





Benji's Tip

YOU ARE
BRAVER
THAN YOU BELIEVE,
STRONGER
THAN YOU SEEM,
SMARTER
THAN YOU THINK,
AND LOVED
MORE THAN YOU'LL EVER KNOW.

AND THE
WINNER
IS.....

GEORGIA

Thank you to everyone who participated in our competition. *Georgia*, please see jasmine at Reception to collect your prize.

OH YEAH
**IT'S
COMPETITION
TIME**

This month we will be hosting a **GUESSING GAME.**

If you would like to enter, please see Jasmine at reception.

The winner will be announced next month and will receive the **WHOLE JAR** of
gummy bears... YUMO!



Drop of Life Team



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 TANTENGCO

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.
