

FAMILY INTERACTION PROGRAM

The Family Interaction Program is a specialist parenting service that has been working closely with families since 2002. The Family Interaction Program routinely evaluates the effectiveness of its service. This research has shown a number of benefits including greater caregiver confidence, better communication skills, greater child responsiveness and less caregiver distress.

OUR SERVICES

- Parent-Child Interaction Therapy (PCIT)
- Circle of Security Early Intervention Parenting Program
- Regulating Overload and Rage (ROAR)
- Supporting Youth Needs and Promoting Positive Skills (SYN*APPS)

FAMILY INTERACTION PROGRAM

*Serving the diverse needs of a diverse
community since 2002*

Griffith University, Gold Coast
Parklands Drive
Southport QLD 4215

Phone (07) 5678 9105
Fax (07) 5678 0404
Email fip@griffith.edu.au



Family Interaction Program



PARENT-CHILD INTERACTION THERAPY

FOR KIDS 1 - 6 YEARS

Designed for caregivers and children with disruptive behaviours such as tantrums, opposition and defiance. Caregivers learn to build positive relationships and manage difficult behaviours. Families are assisted over approximately 17 weeks using structured play sessions.

BENEFITS

- Increased positive parenting skills and improved positive interactions at home
- Increased caregiver confidence and reduced distress
- Improved family communication
- Improved social skills and reduced non-compliance at home and school
- Less disruptive behaviours in children

CIRCLE OF SECURITY PARENTING PROGRAM

FOR KIDS 1 - 6 YEARS

Designed for caregivers to develop positive, loving and satisfying relationships with their children. Caregivers will work one-on-one with a therapist over approximately 11 weeks to develop insight into the emotional needs of their children.

BENEFITS

- Increased ability to read the emotional needs of children and understanding of how those needs are met
- Enhanced ability to support a child's need for exploration and need for emotional support
- Increased skills in understanding and connecting with children
- Improved development of self-esteem, confidence and emotional security

REGULATING OVERLOAD AND RAGE

FOR YOUTH 7-12 YEARS

Designed for children who experience anger and explosive emotions. ROAR uses psycho-education, emotion regulation and problem-solving to address disruptive behaviours. Families work with a trained therapist over approximately 10 weeks.

SYN*APPS

FOR YOUTH 7 - 14 YEARS

SYN*APPS is an individualised program designed for young people with anger, emotional difficulties and disruptive behaviours. Young people work with a trained therapist over approximately 10 weeks.

BENEFITS

- Improved emotion regulation
- Increased problem solving ability
- Managing frustration and inflexibility
- Stress reduction
- Improved communication and support

