



# PSYCH PARENTS

Family friendly supervision & professional development

## 2023 INFORMATION BOOKLET



## WHY JOIN THE PSYCH PARENTS COMMUNITY?

There is growing acceptance that becoming a parent is a transition involving exceptional physical, emotional, social and mental change. This transitioning of becoming a parent is often described using terms such as as “matrescence”. Similar to adolescence it is a time of considerable neural growth and is an opportunity for integration of new values and meaning. Hence for many parents, their identity and values change.

When you work as a psychologist, counsellor, social worker or in another helping profession, so much of who you are goes into your work. Hence, the transition of parenthood requires you to not only navigate new ways of being with people in your personal life, but also in your professional life. The pushing and pulling of becoming a parent gets diluted in your professional role.

Your knowledge and experiences in your professional role, also shape your new identity as a parent.

If you work with children or parents, you often need to grapple with the reality of how applying your clinical knowledge in everyday life which is definitely easier said than done!

When it's time, you must navigate how to return back to work and how to meet the physical and emotional requirements of your role.

And did I mention the constant "holding space". You are constantly holding space for others. At work, you hold space for your clients. At home, you hold space for your family.

You must create new a new work-life balance. Work enough to be present for your clients, but not too much that you cannot be present for your family.

With the new you might come new ideas of how you want to work therapeutically. But the learning and growing involved seems too time-consuming, as your life is already busy with the competing demands of parenthood.

**Joining the Psych Parents community means having a safe space where you can discuss these experiences with a nurturing group of professionals.**

# HOW ARE THE PSYCH PARENTS SERVICES FAMILY FRIENDLY?



Growing Gently Psychology supports working parents by providing family friendly professional development and supervision services.

## **We are online**

All services are provided via ZOOM so there is no need to travel anywhere and you can join from the comfort of your own home or workplace.

## **We allow you to keep your children close**

Family friendly means you can have your little ones with you if you need to.

## **Multitasking is welcome**

Feel free to multitask by feeding, holding and rocking your child and so on, as needed. We have had parents join the peer supervision groups whilst going for walks or making lunch. As long as you can participate and maintain confidentiality, you are welcome to fit attending the groups into your busy day.

## **We embrace messiness and authenticity**

Please be patient and enjoy appearances by our little people! We learn ways to balance the needs of our children with our work and personal needs together, both in terms of getting through a supervision session and getting through life in general.

## **We are flexible**

Need a five-minute breather? No problem. Need to change a nappy? Go for it. Have to mute your microphone because of a loud child? That is okay.

In previous groups, some psychologists have found it useful to use headphones, as it is easier for you to listen to the group and they block out some potential background noise on your end.

# 2023 SUPERVISION SERVICES



## REGULAR PEER SUPERVISION GROUPS

Join a monthly peer supervision group. Groups will be capped at 8 participants and participants will be kept as consistent as possible.



## DROP-IN SUPERVISION SESSIONS

Attend our drop-in peer supervision group that occurs once a month. There is no regular commitment required.



## PSYCH PARENTS EXCLUSIVE INTERVIEWS

Gain insight into the journeys of other Psych Parents and learn from their insights and experiences. I will be interviewing psychologists and other professionals on how their parenting and professional journeys have intersected.



## JOIN THE PSYCH PARENTS FACEBOOK COMMUNITY

Continue discussions and reflections on our online community.  
Connect with your peers between sessions.  
Get reminders about upcoming groups and services.

Search on Facebook: Psych Parents Peer Supervision Group

# REGULAR SUPERVISION GROUPS INFORMATION

Regular Psych Parents Peer Supervision Groups are held monthly via ZOOM and are aimed at supporting mental health professionals their transition to parenthood by providing a space where psychologists can:

- Share their experience of parenthood as parents and mental health professionals, including the challenges and benefits.
- Explore different psychological perspectives and topics from the lens of a psychologist and reflect on how this plays out in their role as parent. This includes but is not limited to, attachment theory, emotional regulation and discipline.
- Connect with their needs as parents and mental health professionals and explore how to bring self-care and self-compassion into our professional and personal life.
- Explore how their experience of parenthood shapes the work they do as a mental health professional.

Groups are capped at 8 participants so to provide ample time and opportunity for all participants to share and reflect on their experiences and professional practice.

During the first session, participants will create a shared set of intentions for the group. An agenda will be set for future sessions however can vary depending on the changing needs of participants.



# REGULAR SUPERVISION GROUPS AND TIMETABLE

Psych Parents are grouped based on the average age of their children so parents are in similar stages of parenting. This is to make the groups as relevant to you as possible. The age groups are not "hard and fast", so there is flexibility for you to decide what group you identify with, particularly when you have children who fall across age ranges.

If you would like to discuss what group is best for you, contact Rebecca via phone or email.



**SEEDS  
AND  
SPROUTS  
PSYCH  
PARENTS**

**SUITABLE FOR THOSE WHO ARE  
PREGNANT, ON PARENTAL LEAVE OR  
HAVE CHILDREN UNDER 2 YEARS**

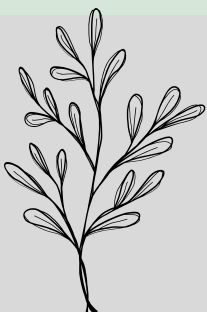
**EVERY FIRST  
FRIDAY 10AM**

**RAISING  
SEEDLINGS  
PSYCH  
PARENTS**



**SUITABLE FOR PARENTS A WITH  
CHILDREN AGED 2-5 YEARS**

**EVERY FIRST  
FRIDAY 9AM**



**LITTLE  
LEAVES  
PSYCH  
PARENTS**

**SUITABLE FOR PARENTS WITH  
CHILDREN AGED 5 YEARS TO 12  
YEARS**

**EVERY FOURTH  
FRIDAY 9AM**

Times are NSW times. Please check your time zone and be aware things change for daylight savings.

Exact dates will be provided upon booking. Please review them carefully and add them to your diary. You will receive a reminder text prior to the date of each session as a courtesy, however you are individually responsible for remembering to attend each session. Growing Gently Psychology reserves the right to change the dates of any group due to illness or misadventure.

# DROP-IN SUPERVISION SESSIONS

Can't commit to a regular supervision group?

Drop-in sessions will occur once a month every third Friday at 12pm (Midday) - bring lunch!

Sessions are informal and group participants are encouraged to bring questions, reflections, and client cases to guide the session. All participants will be invited to co-create the agenda at the start of the session.

Groups will not be capped, however this is subject to change depending on how the first few groups run,



# "SEMESTER 1"

## 2023 SUPERVISION PACKAGES

. We offer a variety of packages depending on your needs.  
5 monthly sessions will run from February to June 2023.

**PSYCH PARENTS  
MONTHLY  
SUPERVISION GROUP**

**5 MONTHLY SUPERVISION SESSIONS  
AND OPTIONAL ATTENDANCE OF 5  
DROP-IN SESSIONS**

**\$300**

**AD HOC DROP-IN  
SUPERVISION  
SESSIONS**

**PAY AS YOU GO SESSIONS FOR  
THOSE NOT ENROLLED IN A  
MONTHLY PEER SUPERVISION  
GROUP**

**\$65 PER  
SESSION**

**PSYCH PARENTS  
EXCLUSIVE  
INTERVIEWS**

**5 EXCLUSIVE INTERVIEWS TO  
PARTICIPATE IN LIVE OR TO  
WATCH ON DEMAND**

**\$300**

**PREMIUM  
PACKAGE**

**5 MONTHLY SUPERVISION  
SESSIONS, 5 DROP-IN SESSIONS,  
AND 5 EXCLUSIVE INTERVIEWS**

**\$500**





# BOOKING INFORMATION

## MONTHLY PEER SUPERVISION GROUPS

Email Rebecca at [rebecca@growinggentlypsychology.com.au](mailto:rebecca@growinggentlypsychology.com.au) with the following information:

Your full name

Your email

Your phone number

Your occupation

What group you would like to join.

Rebecca will send you an invoice with the FULL AMOUNT payable within 14 days. If you do not pay your invoice within this timeframe, your spot will be offered to someone else.

You will receive a brief online intake and consent form to complete in January 2023.

Please note: Payments are non-refundable and swapping groups is not always possible.

## DROP-IN SUPERVISION SESSIONS

Book your spot via the Growing Gently Psychology website.

Learn about upcoming drop-in supervision sessions via:

Growing Gently Psychology's social media pages

Psych Parents Peer Supervision Groups Facebook Groups

By joining our mailing list

## EXCLUSIVE INTERVIEWS

More information to come!

# CONTACT US

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