

Get  
Support

A Safe  
Space

Feel  
Connected

# GROUP THERAPY

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## ABOUT US

With over twenty-five years experience in the community and welfare sector, our staff are educated and experienced in managing a range of issues and challenges affecting individuals and families.

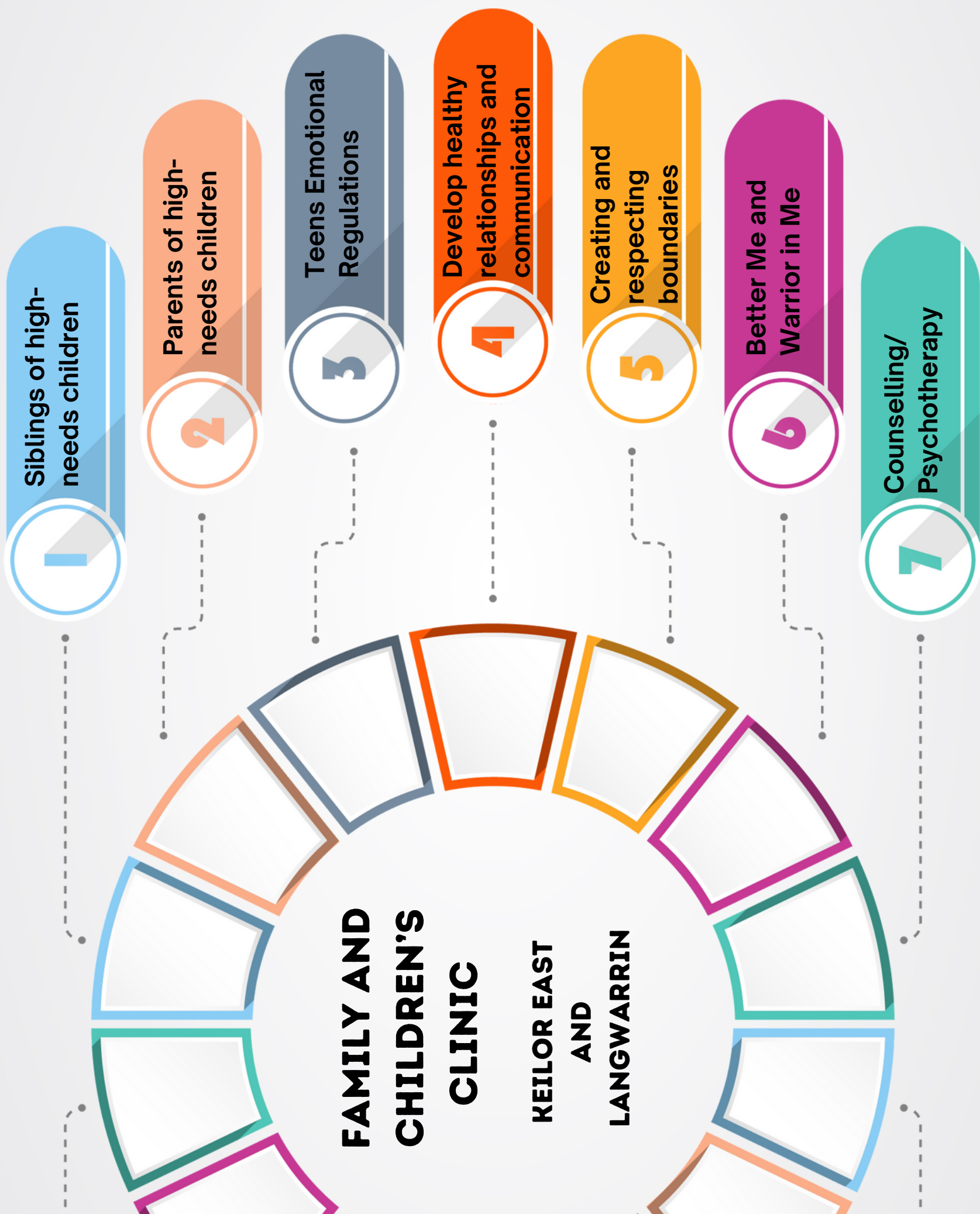
Our staff are qualified counsellors, psychotherapists, and educators, and are members with several different organisations, such as ACA and PACFA.

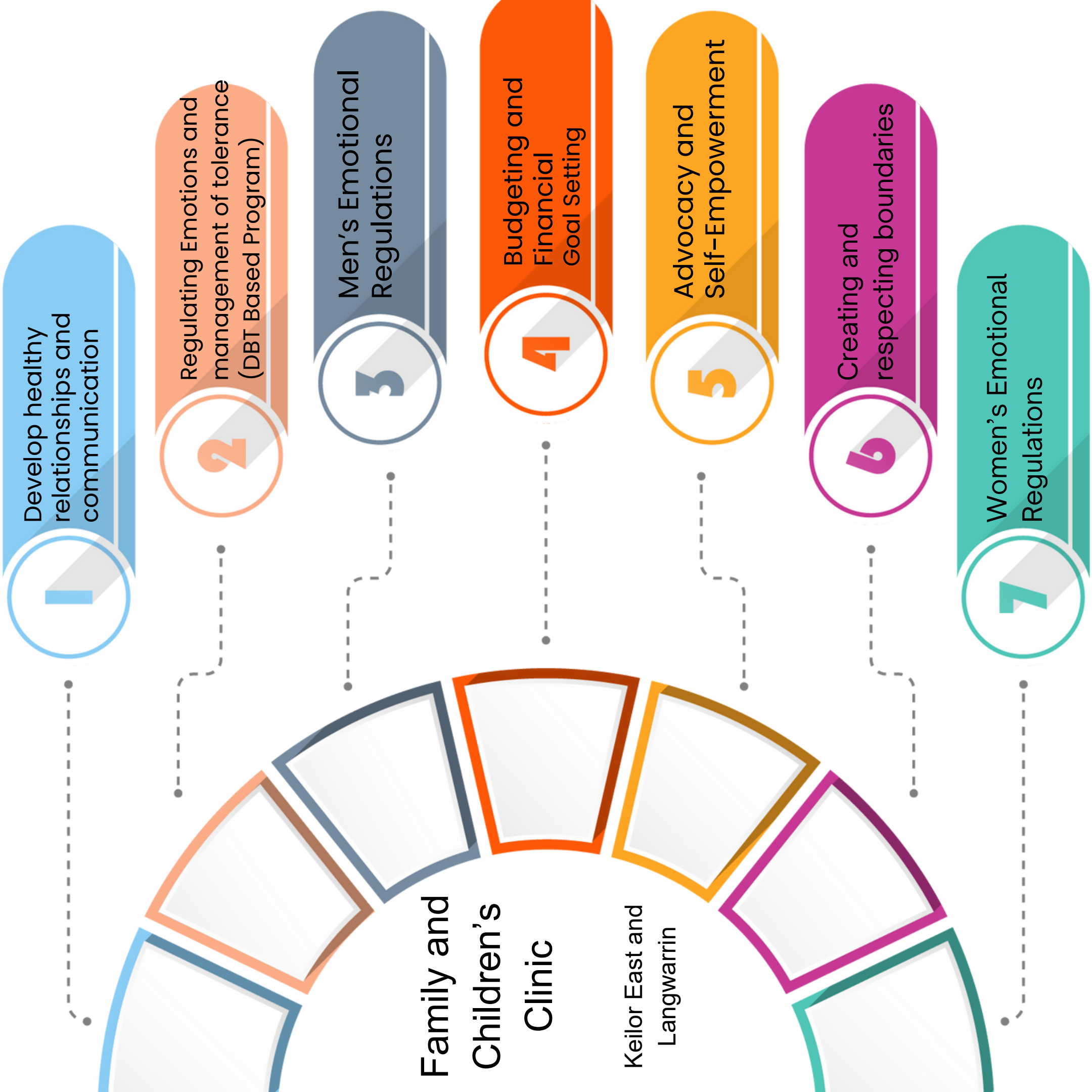
TO FIND  
OUT MORE...



## OUR PROGRAMS

- Emotional Regulation for Men
- Emotional Regulation for Women
- Emotional Regulation for Teenagers
- Dialectical Behaviour Therapy
- Group Therapy programs for parents of high or complex needs children
- Group Therapy programs for siblings of high or complex needs children
- Improved daily living through social skills development





# Emotional Regulation

## Programs available for Men, Women and Youth

The purpose of these programs is to provide the tools for individuals to be able to self-regulate their emotions. Emotional dysregulation impacts all aspects of our lives, our working life, our relationships, and our social connections. Historically, society has not supported or has even actively judged individuals for feeling their emotions, talking about them, and effectively processing them. We aim to provide the tools for individuals to identify emotions, articulate them and handle them in a safe, respectful, and positive way.

- Build social awareness of emotions and the appropriate language and behaviours to express them for self and others.
- Understanding stereotyping and femininity/masculinity and how this impacts emotional regulation.
- Develop strategies to manage emotions and improve emotional and behavioural decision-making.
- Develop positive relationships with self and others through the implementation of positive psychology principles.

# Dialectical Behaviour Therapy (DBT) Based Program

DBT is the most effective treatment for borderline personality disorder (BPD), but has also proven to be effective in treatment for:

- Major depression
- Bulimia
- Binge eating
- Family Violence
- ADHD
- PTSD
- Self-Harm
- Adolescents
- Bi-Polar disorder
- Family members of those with BPD

DBT is learned through Chain Analyses, introspection, and reflection. In DBT these things happen concurrently:

1. You will increase your skill behaviour and build a record of success.
2. You will maintain your desire to continue to practice learned skills.
3. You will ensure that the skills you have learned in DBT can and are generalised in everyday life.
4. DBT can help you create an environment that supports newly learned skills and behaviours.



FOR MORE INFO  
**1800 272 654**



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Langwarrin VIC 3910**



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# Siblings of Children with High or Complex Needs

The purpose of this program is to provide a platform for individuals who have high-needs siblings to explore their experience dealing with complex family environments. We aim to explore the impact that regular emotional dys-regulation, heightened tension, disrupted familial and parental attachment, family violence and complex diagnoses and/or medical needs have on siblings. We aim to create a safe environment where complexities dealing with multiple needs can be explored in the context of self, others and community, along with providing the tools for individuals to identify emotions, articulate them and handle them in a safe, respectful and positive way.

- Build social awareness of emotions and the appropriate language and behaviours to express them for self and others.
- Understanding stereotyping and the impact that social judgment can have on families dealing with complex behavioural presentation/s.
- Develop strategies to manage emotions and improve emotional and behavioural decision making in already heightened environments.
- Develop positive relationships with self and others through implementation of positive psychology principles.
- Exploration of familial pressures through the use of narrative therapy and externalisation to consider impact on self, others and community.
- Provide normalisation in a safe environment around frustrations, grief and loss.

# Program for Parents of Children with High or Complex Needs

The purpose of this program is to provide a safe and supported platform for parents of children who have high and complex needs. We aim to explore the impact that parenting in complex environments can have on individuals, relationships, and social connectedness. We aim to explore the impact that regular emotional dys-regulation, heightened tension, disrupted familial and child attachment, family violence and complex diagnoses and/or medical needs have on parents. We aim to create a safe environment where complexities dealing with multiple needs can be explored in the context of self, others, and community, along with providing the tools for individuals to identify emotions, articulate them and handle them in a safe, respectful, and positive way.

- Build capacity for self-acceptance, window of tolerance and emotional regulation.
- Understanding stereotyping and the impact that social judgment can have on families and particularly parents dealing with complex behavioural presentation/s.
- Develop strategies to manage emotions and improve emotional and behavioural decision making in already heightened environments, particularly in the face of significant responsibility.
- Develop positive relationships with self and others through implementation of positive psychology principles. Explore the concept of 'necessary combativeness' when advocating for children with complex needs.
- Exploration of familial pressures using narrative therapy and externalisation to consider impact on self, others, and community.
- Provide normalisation in a safe environment around frustrations, grief, and loss.
- Develop strategies around parenting multiple children with individualised needs whilst also managing own capacity.
- Navigating compassion fatigue and service exhaustion.

# Improved Daily Living through Social Skills Development

The aim of this program is to improve daily living through social skills development. Often miscommunication, extroverted intimidation and misinterpretation of social cues can cause social disconnection and isolation. We aim to build capacity and skills around healthy, respectful relationships, meaningful connection, and personal presentation.

- Developing skills to read social situations and social cues
- Developing healthy relationships and building better communication strategies and styles
- Creating, reinforcing, and respecting boundaries of self and others.
- Navigating the presentation of self in terms of tone, physicality, and expressiveness.
- Developing social connectedness and conversational skills.
- Interpreting connection and establishing healthy responsiveness, particularly in relation to social media and messaging.
- Dealing with extroverted personalities (including dominance) and exploring individual personality traits and types.



# Better Me Program

## Children, Adolescents and Adults

The Better Me Program is an 8-week program designed for primary and secondary school students, focused on building essential life skills through engaging activities and play-based learning. Each week includes 1.5 hours of interactive learning, with two consultations/information sessions provided—one at the beginning (pre-program) and one at the end (post-program)—to evaluate progress and provide additional support.

### Key Focus Areas:

- **Emotional Regulation:** Students learn strategies to manage and express their emotions in healthy ways.
- **Resilience:** The program teaches how to bounce back from setbacks and build a positive mindset.
- **Teamwork and Leadership:** Through collaborative, play-based exercises, students develop teamwork skills and explore leadership roles.
- **Making Smart Choices:** Activities are designed to help students make informed and responsible decisions.
- **Healthy Relationships:** Students explore the importance of building healthy, supportive friendships and relationships.

**Therapeutic Techniques:** The Better Me Program utilizes a blend of Positive Psychology, Cognitive Behavioural Therapy (CBT), and Dialectical Behaviour Therapy (DBT) techniques to foster emotional growth and resilience. These therapeutic approaches help students:

- Challenge and reframe negative thoughts (CBT),
- Focus on strengths and positivity (Positive Psychology), and
- Regulate emotions and handle distress (DBT).

**Mental Health & Wellbeing Focus:** The program emphasizes mental health and wellbeing, equipping students with practical skills, techniques, and access to resources that support their emotional and psychological development.

**Inclusive for All Students:** The Better Me Program is not just for troubled students but is open to all students, including those who may be considered as 'fitting in' or 'quiet,' but might struggle with social engagement or need help developing their interpersonal skills. The program is designed to support every student, helping them build confidence, develop social connections, and thrive.

**Play-Based Learning:** The program integrates play-based learning, engaging students in fun, interactive activities that promote learning through experience. This method fosters creativity, teamwork, and practical skill-building in an enjoyable setting.

**Fun, Interactive Learning:** The Better Me Program is a dynamic and enjoyable way for students to develop crucial skills for the future, offering them tools to succeed emotionally, socially, and mentally through Positive Psychology, CBT, DBT, and play-based learning.

# Warrior in Me

## Youth and Adults

Warrior in Me is a program that is based on the virtues of a warrior.

It incorporates creating a martial arts environment of respect, loyalty, diligence and honour through facilitating and maintaining a safe space and encouraging everyone to give everything a go.

The program discusses the virtues of:

- honour,
- diligence,
- self-control,
- loyalty,
- respect,
- kindness,
- justice and
- wisdom.

Through this program and virtues, we talk about what it means to be a warrior in their life and circumstances. Many students start the program thinking of warriors as winners, getting revenge, fighting and gore. This program aims to focus their view of warriors to being people who stand up for themselves and others in a honest and kind way. The program delves into how these topics can assist students in their mental health struggles and it builds up their ability to make and maintain healthy friendships. This program also targets students to understand what it means to respect and honour themselves. Through the topics like respect, honour and diligence, facilitators explore how students can make goals and why these virtues are a form of self-honouring as they learn to better themselves. The program focuses on both how students treat each other, but also how they treat themselves.

These virtues are embedded into the activities and use a narrative approach and bring those virtues to life with a strong emphasis on building resilience and inner strength and internal fortitude and reframing reality to develop a strong mindset and emotional regulation.

- Enhancing and building resilience - is a primary focus of my program. The warrior's way states that - 'TIME UNDER TENSION' where we are tested, is what builds strength and coping strategies. Like the sword of the samurai that is hammered and fired hundreds of times to become the most powerful weapon in ancient history. This is achieved through exercise and adopting the warrior

mindset or finding the warrior within through pushing our bodies, and minds to achieve excellence and be the best version of ourselves.

- Working collaboratively in a team - all the games and activities we use emphasizes the fact that working collaboratively is what enables us to be the best version of ourselves and achieve our end goal. This is an important concept in the warrior mindset. It's only in training with a diversity of people with varying skills and abilities that we truly grow. Without the virtues of self-control, respect, honour, kindness, and justice we cannot engage and work with others to achieve common goals.
- Placing strategies to address worries, fear and anxiety - The development of the warrior mindset focuses on teaching participants to not sweat the small stuff. To know which battles to fight. When to bend like a reed in the wind, or like a willow in the storm. and then rise again once the crisis has passed and, knowing when to stand firm and strong for what is right like an immovable mountain.
- Building confidence and self-esteem - the games, drills and skills acquisition in my program is all about building a strong sense of identity, confidence, and self-efficacy
- Looking at inner strength and mental strength - this is the crux of what my program is about
- Addressing barriers to engagement
  - o By providing psychoeducation and links to mental health and/or school service - psychoeducation on inner strength and the application of that knowledge is a key component of what we do
  - o Helping with negative experiences at school and home and providing them with a different perspective, building resilience and regulation - another important key function of the Warrior Program

# Locations and Time

Please note that the days and times have the potential to change depending on the number of participants.

Location	Day and Time
Langwarrin	Thursday and Friday 4pm till 7pm
Langwarrin	Saturday 9:30am till 12:30pm
Keillor East	Friday 10am till 1pm Friday 4pm till 7pm
Keillor East	Monday 10am till 1pm Monday 4pm till 7pm



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# Program Fees

Program	Outline	Total Fee
Siblings of high-needs children	<p>6-week program 1.5 hours each week</p> <p>Optional Extra: Advocacy Package 2 x Care Team Meetings (1 hour each) 1 x Los/LoR (4 hours) 6 x Phone calls (Care Giver) 30 min each</p>	<p>\$2,250.00</p> <p>\$1,170.00</p>
Parents of high-needs children	<p>6-week program 1.5 hours each week</p> <p>Optional Extra: Advocacy Package 2 x Care Team Meetings (1 hour each) 1 x Los/LoR (4 hours) 6 x Phone calls (Care Giver) 30 min each</p>	<p>\$2,250.00</p> <p>\$1,170.00</p>
Emotional Regulations	<p>6-week program 1.5 hours each week</p> <p>Optional Extra: Advocacy Package 2 x Care Team Meetings (1 hour each) 1 x Los/LoR (4 hours) 6 x Phone calls (Care Giver) 30 min each</p>	<p>\$2,450.00</p> <p>\$1,170.00</p>
Improved daily living through social skills development	<p>6-week program 1.5 hours each week</p> <p>Optional Extra: Advocacy Package 2 x Care Team Meetings (1 hour each) 1 x Los/LoR (4 hours) 6 x Phone calls (Care Giver) 30 min each</p>	<p>\$1,050.00</p> <p>\$1,170.00</p>
Better Me	<p>8-week program -1.5 hours per week</p> <p>2 x Care Team Meetings (2 hours)</p> <p>1 x Completion Report (4 hours)</p> <p>30 min – Pre Consultation</p> <p>30 min –Post Completion follow-up</p> <p>Admin Follow-up (1.5 hours)</p>	\$4,270.00
Warrior in Me	8-week program -1.5 hours per week	\$4,270.00

	2 x Care Team Meetings (2 hours) 1 x Completion Report (4 hours) 30 min – Post Completion follow-up Admin Follow-up (1.5 hours)	
Dialectical Behavioural Therapy	30-week program – 2 hours per week 1 x Phone call (30 min each) weekly for 30 weeks 1 x Progress Report (4 hours) 6 x Care Team meetings (1 hour each) 1x Completion Report (4 hours) 1:1 – 1 hour session follow up post completion	\$15,700.00

All fees are excluding GST

