

BEYOND BEHAVIOUR

COMMUNITY SERVICES



Programs for Women,
Teens, Men and
DV Recovery Specific

Finally, a program that supports healing from intergenerational trauma instead of adding to the blame and shame, and perpetuating the loss.



**2 HOUR SESSIONS
WEEKLY
FOR 8 WEEKS**

The Making Sense of Your Past Worth curriculum is ideal for individuals desiring to get to a place of secure attachment. It will help you replace shame with positive self-worth and give you the tools to come to a place of healing and prepares you to be able to engage in connected parenting.

Throughout the course of our work with families we discovered there is a missing piece to helping parents and individuals heal from the negative hurtful events they were exposed to throughout their lives. Individuals may have made sense of the events on a cognitive level and even on an emotional level but have not yet taken the journey to understand how these life events (both big and small) have impacted their positive self-worth.

In addition, when parents learn about their personal attachment style, they often seek answers in how to change it. Before now, a curriculum or guide to help them do this did not exist. Now we have it, and it is an amazing step-by-step program for helping adults gain secure attachment. In addition, caregivers with their own trauma histories also have a difficult time meeting the needs of the children in their home because their own histories get in the way. This program helps adults overcome their own painful pasts so they can be free to be the caregiver they desire to be, the partner they desire to be, the friend they desire to be and even the person they want to be in their profession.



COST

The cost of the program is \$62.00 per session per person (inc. GST)

**the healing journey
will start in early June
2024**

Making Sense of Your Worth is a beautiful therapeutic program designed to help people experience positive Self-Worth and secure attachment in relationships. Self-Worth is a strong foundational component of who we are as humans and how we show up in our communities. Our belief in our own value (or lack thereof) has huge implications in our personal and professional lives. Without awareness, our Self-Worth affects our behaviours, our relationships, our boundaries, our aspirations, our ability to parent and lead, and, for some of us, our healing.

Participants will go through a series of eight sessions in a group setting designed to create understanding of how the events in their lives have contributed to their current level of self-worth. Through this training, we aim to help individuals discover how their upbringing can impact their self-worth. Research shows us that the same building blocks impact self-worth and attachment and this program aims to resolve, integrate and heal the whole person.

**After experiencing the incredible impact of this program ourselves
we are excited to share it with our community.**

The Making Sense of Your Worth (MSOYW) curriculum was created by Cindy R. Lee, LCSW in partnership with HALO Project International. HALO Project is located in Oklahoma City, Oklahoma and is a non-profit 501(c)3 organization serving families and children who have experienced relational trauma.

It was the result of several pilot groups consisting of survivors of domestic violence and other groups of parents. There were significant changes in the self-worth scores of the participants and the women were able to learn and embrace connected parenting upon completion of this program.

REGISTER YOUR INTEREST

Email: info@beyondbehaviour.org.au