People do not act for no reason.

They may act in response to a thought.
They may act in response to an emotion.
They may act in response to a need that requires satisfaction.
They may act in response to something that has occurred in their environment.
They may act because the way their brain developed impairs their capacity to think before they act in the presence of a trigger (stimulus).

If we accept the truth that people do not act for no reason, then we must similarly accept that when we punish a child for their actions without any effort to try to understand why they did what they did, we are essentially communicating to them that their thoughts, feelings, needs, experiences and biological characteristics are unimportant or invalid. Repeated often enough, the child develops the belief that they are unimportant and invalid.

The consequences of invalidation include behavioural problems, emotional problems, preoccupation with needs and a lack of regard for the impact of one’s behaviour on others.

We can avoid perpetuating maladaptive behaviour in children by responding with understanding to the reason for their behaviour and, in doing so, nourish connections that support their self-regulation and adherence to behaviour conventions.
What is the CARE Therapeutic Framework?

- Consistency
- Accessibility
- Responsiveness
- Emotional Connectedness

The CARE Therapeutic Framework is an evidence-informed, strengths-based approach to supporting recovery for children who have experienced a tough start to life.

The CARE Therapeutic Framework offers:

1. What you need to know about children recovering from a tough start to life; &
2. What you need to do to support their recovery.

The CARE Therapeutic Framework supports the development of a tailored therapeutic CARE Plan, for your setting and for individual children.

CARE promotes trusting connections and growth!

What is involved?

The CARE Therapeutic Framework incorporates five interactive workshops, covering:

**Session 1: What is Therapeutic Care?**
What is our ‘Primary Task’?

**Session 2: Enriching Consistency**

**Session 3: Enriching Accessibility**

**Session 4: Enriching Responsiveness**

**Session 5: Enriching Emotional Connectedness**

The CARE Therapeutic Framework also includes:

- An embedded self-care framework
- An evaluation framework
- An optional call-back addressing the management of ongoing behaviours of concern using the CARE Framework

Each two-hour interactive workshop includes:

- Practical Activities and Demonstrations
- Audio-visual content
- Individual and group reflective activities

What does it cost***?

**Standard implementation** (excluding call-back):
$4,950 (GST inclusive)

**Full implementation** (including call-back):
$5,500 (GST inclusive)

*Additional costs may apply for implementations outside Adelaide metropolitan area.

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Our principal Clinical Psychologist, Colby is well-known in Australia, the United Kingdom, and Ireland for his informative books and programs. He is also regarded as a lively and accomplished presenter.