

EMPOWERING OUR KIDS TO BECOME WARRIORS



WITH COUNSELLOR HEATHER PINEL

AND DR MEL BAKER



Heather Pinel

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Heather Pinel is a compassionate, supportive and committed mental health and wellbeing practitioner, trauma informed counsellor, family therapist and principal of The Resilience Clinic, Gosford NSW. She focuses on finding suitable solutions for families to improve communication and attachment and provides hands on experience with neuro-diverse children and adults.

She supports families by listening to their pain points, struggles & stories whilst holistically integrating therapeutic, mental health aware, psychological, therapeutic and sensory strategies to help clients feel less alone and find a path towards healing.

Heather has extensive experience supporting people with chronic pain and illness, abandonment, grief & loss, guilt, addictions, trust issues, shame, infertility grief, fostering and adoption journeys and systems abuse.

With many years of experience in psychology based therapies, trauma-informed case management, chaplaincy, pastoral care and mental health support, Heather provides children, families and individuals a safe place to land, be heard and seen, and to find clarity forward towards mental safety and wellbeing.

She offers:

- Emotionally Focused Therapy (EFT)
- Cognitive Behaviour Therapy (CBT)
- Solutions Focused Brief Therapy (SFBT)
- Approved NDIS provider
- Sensory therapy including mindfulness and meditation

Connect

before correct

1. Focus on your child


- Listen without judgements
- Don't ask why questions or what happened questions
- Hold you child, hug your child
- Speak to them knowing you are there for them

2. Take time to connect

- Play sport, listen to music, dance, games, do art with them
- Something they like to do so that it calms them

3. Let your child feel their emotions

- Feeling our emotions means we grow through our experiences



“Feelings and emotions
help us combat the
bully in our brain”

- Heather Pinel

Be a warrior

FOCUS ON:

What does your best day look like?

Imagine floating above your situation.

What do you see? What do you notice? What's different?

Changing your perspective



The brain monster or the bully could feel like this big black looming cloud over us, but in fact we can change our perspective. See the lovely blue peaceful butterfly instead or see the compassion and care.

Challenging a thought

THE THINK TOOL

Ask yourself (or your child) if your thought is:

True?

Is this thought FACT or opinion?

What IS absolutely true about this situation?

Helpful?

Is this thought helpful to me?

What WOULD be helpful to think right now?

Inspiring or Important

Does this thought inspire me, or is it important, right now?

What IS really important to think or do with now?

Necessary?

Do I really need to believe and act on this thought?

What IS necessary to do right now?

Kind?

Is this thought kind to me or others?

What WOULD be a kind thought, right now?

If you answer NO to any of these THINK questions, you can:

- Safely dismiss the thought
- React to the thought using the more reasonable thoughts (the second question to each in italic).

Then choose your new focus of attention.

TOOL KIT for parents

Resources:

Young, Karen. 2017. *Hey Warrior: a book for kids about anxiety.*

- Kids can do amazing things with the right information. understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. anxiety explained, kids empowered. (Booktopia.com.au description)

Young, Karen. 2020. *Hey Awesome: a book about anxiety, courage and being already awesome.*

- If kids with anxiety could see their strengths, they would feel so much bigger than their anxiety. they would feel bigger than everything - as though a tiny, tip-toed stretch could have them touching the top of the world from where they are. this book is a reminder for all kids that everything they need to be brave, strong and brilliant is already in them. (Booktopia.com.au description)

Conscious parenting:

Tsabary, Shefali. 2014. *The Conscious Parent: transforming ourselves empowering our children.*

<https://www.teach-through-love.com/conscious-parenting.html>

<https://www.healthline.com/health/parenting/conscious-parenting>

Resilience Clinic, Gosford NSW with Heather Pinel

<https://ndis-providerfinder.com/providers/resilience-clinic/>

LivingWell Talks Podcast Ep 11

<https://www.livingwelltalks.com.au/podcast/>

Created for you by Heather Pinel & Mel Baker, 2021

