

# LET'S TALK

LET'S TALK PSYCHOLOGY PRACTICE NEWSLETTER

## Welcome to 'Let's Talk'

'Let's Talk' is the NEW newsletter for Let's Talk Psychology Practice; updating you with what's new at our Practice and in Psychology!

### LET'S BOUNCE INTO SPRING!

Spring is once again upon us and as we start to enjoy the warmer weather and sunshine we might feel our mood start to lighten. Spring time is a great time for starting on new projects, enjoying the great outdoors, and reactivating ourselves. It's time to set some health and wellbeing goals. For example:

- minimum 20mins exercise/day
- spend time in the sunshine
- activate healthy eating habits
- practice healthy thinking

### FOOD FOR THOUGHT

*"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."*

William James



## Managing Motherhood

The transition to Motherhood is a time of enormous physical, emotional, psychological, and spiritual growth. Indeed each passage through birth into motherhood is a journey into the unknown with new hopes, fears, expectations, and dreams. Realistic preparation for the postnatal period helps to smooth the path for the transition into Motherhood.

Let's Talk Psychology Practice runs specialist Managing Motherhood: Antenatal and Postnatal Support Groups. Managing Motherhood groups allow expectant women to:

- discuss the range of emotions, life changes, and challenges experienced during the transition to Motherhood,
- cultivate realistic expectations of Motherhood, and
- learn coping and parenting strategies to assist in the transition to Motherhood.

Managing Motherhood enhances the transition to Motherhood for expectant and new mothers. Please contact us for more information on this exciting program.



Dr Charise Deveney (Clinical Psychologist) is the founder of Let's Talk Psychology Practice. Charise specialises in the treatment of antenatal and postnatal distress. She also treats anxiety, depression, adjustment issues.



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### LET'S TALK SERVICES FOR CHILDREN, ADOLESCENTS, AND ADULTS:

- Assessment and treatment of emotional and clinical problems related to depression and anxiety, phobias, panic disorder, social phobia, trauma, worry and generalised anxiety.
- Intervention for school adjustment, teasing and bullying, and life stressors, HSC stress, study skills, assertiveness skills, and performance anxiety.
- Parent skills training and child behaviour management.

## Let's Talk About 'Parenthood'

Becoming a parent encourages us to think about ways in which we were parented and to consider which aspects we wish to bring with us into our emerging relationship with our own baby and children and which aspects we wish to leave firmly in the past and hope not to repeat.

### Tips for building healthy parent-child relationships

- Repair any ruptures in relationships with your children,
- Respond to a child's problems or feelings with acceptance, support and validation, and
- Recognize and, whenever possible, accommodate the child's need for unconditional love and acceptance, safety, & belonging.

### Self-care tips for parents

- Take time out to nurture yourself.
- Invest in healthy adult relationships.
- Maintain healthy communication.
- Let go of self-judgement and cultivate self-kindness and compassion.

## SPECIALIST PERINATAL SERVICES



At Let's Talk Psychology Practice we are keenly aware of the challenges and adjustments inherent in parenthood. We provide specialist perinatal services that encompass the antenatal and postnatal periods

- Depression and anxiety during pregnancy and after childbirth,
- Fertility issues and decisions about pregnancy
- Perinatal grief and loss including miscarriage, still-birth and loss of a baby,

- Couple relationship issues
- Issues in the parent-infant relationship (bonding issues, intense anxieties about the baby's wellbeing)
- Difficult behaviours or emotional distress in older siblings.

Please contact us for more information about our perinatal services.



### 'Practical Parenting' Magazine (Sept 2011)

Dr Charise Deveney is featured in the September 2011 edition of the Practical Parenting Magazine in an article titled: "The Best Ager to Start a Family". Charise provides an expert opinion on the pros and cons of starting a family in the 20's, 30's and 40's.

### Postnatal Depression

Motherhood can be challenging and Postnatal depression is experienced by up to 16% of women. Seek help if you experience any of the following:

- Persistent low mood and tearfulness
- Low self-esteem, with thoughts of worthlessness or guilt; irritability
- Not enjoying time with your baby
- Not enjoying other things in your life that you used to enjoy
- Difficulty sleeping, despite feeling tired and even when the baby is settled
- Panic attacks and/or phobias
- Extreme tiredness and difficulty coping with baby care and any other work
- Excessive worrying about your baby
- Loss of appetite or excessive eating
- Thoughts of hopelessness and maybe death.

"EMPOWERING INDIVIDUALS TO EMBRACE LIFE AND CREATE LIFESTYLE SOLUTIONS"



Next Issue:

Cultivating Calm

Mindfulness in therapy

Tips for Relaxation

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom" ~

Victor Frankl