

# GOOD ↑PARENTING enough



# PROFESSIONAL TRAINING

Date: **4-6 May 2020 (9.00am-5.00pm)**  
Venue: **1 Edgefield Walk Singapore 828850**

**Standard Fees: \$975.00 inclusive of refreshments and handouts**  
**Early Bird Rate: \$900 (Payment to be made by 31 March 2020)**  
**\$682.50 after VCF Funding for Singaporean/PR staff of NCSS-Member VWOs/SSOs**

## Synopsis:

While clinicians and lay leaders attempt to help families resolve their diverse issues, many wonder: is there a preventive approach to equipping parents so that unhealthy patterns in families can be averted, families can be more connected, and children can grow up emotionally healthier and resilient?

"Good Enough Parenting" (GEP) is the solution to this pressing need. GEP is an in-depth, research-based, evidence-based parenting programme which zooms in on the emotional and psychological impact of adequately (and inadequately) meeting Core Emotional Needs. It is based on Schema Therapy and endorsed by Dr Jeffrey Young, Department of Psychiatry, Columbia University, New York, and Founder of Schema Therapy.

"Good Enough Parenting" is unique as it incorporates Movie Therapy®, where appropriate movie snippets are shown to highlight key teaching points. GEP currently being taught in schools, corporates and community organisations.

## Who should attend:

- Counsellors
- Therapists
- Psychologists
- Social Workers
- Case Workers
- Family Life Educators
- Lay Leaders and Clergy involved in family ministries

## Learning Outcomes:

- Identify parenting and family issues using the Good Enough Parenting model
- Address problematic behavior in children and engage couples to work together on addressing these issues.
- Gain deeper understanding of key Schema Therapy tenets such as Core Emotional Needs, maladaptive schemas, positive schemas, schema domains and coping styles
- Learn the interplay of temperament, environment and parenting influences as key factors in the psychosocial and emotional health of children and adults, based on Schema Therapy

## About John and Karen Louis



About John and Karen Louis: John Louis holds a PhD from Stirling University, UK while Karen Louis holds a Master in Counselling from Monash University, Australia. John's research provided more robust empirical findings for their "Good Enough Parenting" model, which were published in several reputable journals.

He is a certified Schema Therapist and Supervisor who was trained directly by Dr Jeffrey Young, founder of Schema Therapy; Karen is a Master Solution Focused Practitioner and Gallup Strengths Coach. John and Karen's passion for families led them to develop "Good Enough Parenting" (and its prequel, the "I Choose Us" Marriage Programme) as a response to the pressing need of equipping parents to prevent maladaptive schemas from developing in children. John has presented "Good Enough Parenting" in overseas conferences organized by the International Society of Schema Therapy and has led a round-table discussion on family life education during the National Council on Family Relations (NCFR) Conference 2016 in Vancouver.

Since the launch of Good Enough Parenting in 2009, they have trained over 1,000 Facilitators from Asia, Europe, North America and Australia, and several countries in Central & South America and Africa. Their books: "Good Enough Parenting" (Christian and secular versions) and "I Choose Us" are available via Amazon.com and have been translated into seven languages. The Louis have been married for 32 years and have two married adult children and one grandchild.

### What you will receive:

- Certificate of Completion as a 'certified GEP Facilitator'
- Set of handouts

Lunch and tea breaks will be provided throughout the 3-day training.

### Key takeaways from this training (and more!):

- "Good Enough Parenting" Model: The interplay of different factors on the outcome of parenting
- Core Emotional Needs vs Maladaptive Schema Domains
- 18 Negative Lifetraps or Schemas
- 14 Positive Schemas
- Three broad Coping Styles
- Nurturing vs Exasperating Interactions
- Specific ways to meet Core Emotional Needs
- Vortex of Conflict Escalation (and how to avoid it)
- Empathy and Validation of Feelings
- Four Domains of Moral Teaching
- Age-appropriate empowerment
- Needs, Wants, Rights and Privileges
- Learning-oriented vs Performance-Oriented Goals
- Power of Being Vulnerable and Forgiving



### Certified GEP Facilitator

Completing the GEP Professional Training qualifies participants to be a 'certified GEP Facilitator'. They can utilize the principles taught for one-to-one sessions with parents as well as small group discussions.

Visit us at [www.gep.sg](http://www.gep.sg) or [www.hopewwsea.org](http://www.hopewwsea.org) for more information!

### Testimonials:

"In a world of too much information, Good Enough Parenting teaches parents how to meet core emotional needs, and, at the same time, how to avoid passing down their own dysfunctional behaviors. Schema Therapy has been successful with adults, but I have always wanted to see someone do something on preventing schemas, or Lifetraps, in children, and here it is!"

**- Dr Jeffrey Young, Dept. of Psychiatry, Columbia University, NY, Founder, Schema Therapy**

"Good Enough Parenting was better than good, it was great! I have been to numerous training sessions on Marriage, Behavior and Parenting, but none as practical and beneficial as GEP. GEP takes an in-depth look in the before, during and after of parenting. We laughed, cried, learned, and shared our victories as well as defeats. Everyone who attended the workshop was truly blessed by this training. It is a MUST for parents as well as grandparents!"

**- William R. Scott, PhD in Educational Psychology, Gainesville, Florida**

"Good Enough Parenting has definitely created more awareness for me in relation to both my parenting as well as professional development skills. With the insight and awareness, I hope to better my relationship with my children. Professionally, am glad I have another evidence-informed parenting strategy to share with my clients, to facilitate the problem-solving process."

**- Geraldine Yang, Principal Counselling Psychologist, Singapore**

"Indeed an excellent course that intrigued me even when I saw the brochure. A timely course that addressed my concerns on systemic issues that was affecting families and taught me how to address it effectively. Its fundamental principle of the family being the nucleus and parents being the conduit and catalyst of change is a strong message. Along with the imperative to address active negative schemas in one's own life and getting to the 'root' of the matter are 'wow' moments during the course. Especially love the Repair & Reconnect part which helps me as a mother in my journey with my children and this is something I would love to share to my colleagues."

**- Annu Ratha Jayaram, School Counsellor, Singapore**



# GOOD ENOUGH PARENTING - PROFESSIONAL TRAINING REGISTRATION FORM

(As we have limited slots, please sign up early)

## Participant's Details

Full name as in NRIC / Salutation : \_\_\_\_\_  
NRIC No / FIN (Last 4 characters: eg. xxxS) : \_\_\_\_\_  
Company Name : \_\_\_\_\_  
Designation : \_\_\_\_\_  
Email : \_\_\_\_\_  
Contact No. : \_\_\_\_\_ Fax No.: \_\_\_\_\_ HP: \_\_\_\_\_  
Billing Address : \_\_\_\_\_  
Highest Academic Qualification : \_\_\_\_\_  
SAC/SPS/SASW Member? Y/N : \_\_\_\_\_  
(Please Specify)  
Food Preference: Normal / Vegetarian  
Name to be printed on Certificate : \_\_\_\_\_

## Course Fee: (please tick accordingly)

- ☐ \$975.00 Standard Fees  
☐ \$900.00 Early Bird Rate (Payment to be made by 31st March 2020)  
☐ \$682.50 after VCF Funding for Singaporean/PR staff of NCSS member VWOs/SSOs  
☐ Overseas Participant (please contact HOPEwwS directly)

## Terms & Conditions

1. Requirement for VCF Claims: Minimum 75% attendance and completion of evaluation form. In the event that participant does not comply with VCF requirements, participant will be charged by HOPEwwS the equivalent amount.
2. In the event that participant is unable to attend the workshop, replacement will be allowed. Please notify HOPEwwS by writing at least 3 days before actual workshop date.
3. For cancellation requests made in writing 30 calendar days before the training date, 50% refund will be given. Please allow at least 30 days to process the refund.
4. No refund will be given for cancellation made less than 30 calendar days from the training date.
5. In the event that the training is postponed, registration fees will automatically be brought forward to the subsequent training dates.

## Payment Instructions

1. Cheque Payment  
Send your crossed cheque marked payable to: HOPE worldwide (S) and mail to: 1 Edgefield Walk Singapore 828850. At the back of the cheque, kindly include invoice no., full name of the registrant, company name and contact number. Please notify us by email once bank transfer has been made.
2. Bank Transfer  
Transfer payment to: HOPE worldwide (Singapore) DBS Current account: 001-070707-8 or PAYNOW using our UEN no. S98SS0151F, indicate invoice no. and purpose of payment in comment section e.g. "Invoice no. 2020xxxxx Schema Therapy Basic Level"
3. Overseas Bank Transfer  
Please contact us for more details on Telegraphic Transfer (TT) of payment from overseas

## For Enquiries and Registrations:

Contact: Rebekah Lai  
Tel: 6312 9671  
Fax: 6343 8463  
Email: rebekah\_lai@hopewwsea.org

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1 Edgefield Walk Singapore 828850

**HOPE**  
worldwide  
SINGAPORE