

GOOD PARENTING *enough*



PROFESSIONAL TRAINING

Date : 1 - 3 June, 2021

(9.00am-5.00pm, Singapore time)

Venue : Online Zoom Platform

Standard Fees: SGD 980.00 inclusive of handouts, certificate and GEP Book

Early Bird Rate: SGD 930.00 (Payment to be made by 31st April, 2021)

A further 10% discount for members of SAC/SPS/SASW/ISST

SGD = Singapore Dollars

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 and become emotionally healthier and resilient adults?

Good Enough Parenting (GEP) is the solution to this pressing need. GEP is an in-depth, research-centered, evidence-based parenting programme which focusses on meeting the essential Core Emotional Needs. It is the only Schema Therapy based parenting programme in the world. GEP has been endorsed by many top researchers including Dr Jeffrey Young, Department of Psychiatry, Columbia University, New York, and Founder of Schema Therapy.

Who should attend:

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

Learning Outcomes:

- Trains parents across cultures how to meet children's 4 Core Emotional Needs, which determine their lifelong patterns of thinking, feeling, and acting (schemas)
- Identifies the 10 Exasperation Interactions, associated with negative schemas and childhood behavioural problems
- Focuses equally on the 7 Nurturing Interactions, associated with positive schemas and a myriad of desired outcomes
- Helps parents gain self-awareness about their own schemas
- Guides parents, teens and adult children in the "Repair and Reconnect" process.



About John and Karen Louis

John Louis holds a PhD from the UK in clinical psychology, while Karen Louis holds a Master in Counselling from Monash University, Australia. John's research provided more robust empirical findings for their GEP model, which were published in several reputable journals.

He is a certified Schema Therapist and Supervisor while Karen is a Master Solution Focused Practitioner. Since the launch of GEP 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 have been translated into seven languages. The Louis have been married for over 30 years and have two adult children who are happily married and they now enjoy their role as grandparents.

What you will receive:

- Certificate of Completion
- GEP book (Second edition)
- Set of handouts

Key takeaways from this training (and more!):

- Good Enough Parenting Model: The interplay of different factors on the outcome of parenting
- Core Emotional Needs
- 18 Negative 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
- Nucci's 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'. This enables him/her to utilize the principles of GEP for one-to-one sessions with clients, as well as for small group discussions (maximum 15 people).

Visit us at www.gep.sg or email johnphiliplois@gmail.com 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**

"The principles of Good Enough Parenting apply across race, religion and culture. The focus on the quality of the parent-child relationship and the associated wide array of positive outcomes makes this a book an asset on the shelf of every parent and would be parent."

— **Dato' Seri Dr Wan Azizah binti Wan Ismail Former Deputy Prime Minister of Malaysia
Former Minister of Women, Family and Community Development, Malaysia**

"This ground-breaking book will help parents raise healthier children, and when they grow up, healthier and more successful adults. I highly recommend it."

International bestselling author, "Healing the Child Within" and "Wisdom to Know the Difference: Core Issues in Relationships, Recovery and Living",
— **Charles L Whitfield, MD Atlanta, USA**

"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 : _____
Company Name Designation Email : _____
Contact No. : _____ Fax No.: _____ HP: _____
Billing Address : _____
Highest Academic Qualification : _____
SAC/SPS/SASW/ISST Member? Y/N : _____
(Please Specify)
Name to be printed on Certificate : _____

Course Fee: (please tick accordingly)

Standard Fees

- ☐ SGD 980.00
☐ SGD 882.00 (members of SAC/SPS/SASW/ISST)

Early Bird Rate (Payment to be made by 31st April, 2021)

- ☐ SGD 930.00
☐ SGD 832.00 (members of SAC/SPS/SASW/ISST)

If you are intersted to attend this short course, please fill the form, take a photo and send it by Whatsapp to **8121 6464**, or email to **johnphiliploouis@gmail.com**

Terms & Conditions

1. In the event that participant is unable to attend the workshop, replacement will be allowed. Please notify Louis Counselling & Training by writing at least 3 days before actual workshop date.
2. For cancellation made 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

After submission of registration form, an invoice will be sent to you with payment details.