

PARENT FORUM

FOR YEARS 5 – 8 PARENTS

Tuesday 20 February 2024

6:00pm – 7:30pm

WALLIS AUDITORIUM
SENIOR SCHOOL CAMPUS
(ENTER VIA 3 MARGARET STREET)

Managing

WORRY, FEAR AND ANXIETY

Leading clinical psychologists Dr Judith Locke and Dr Danielle Einstein will discuss ways in which parents can help their daughter manage her fears and worries and live a life not overly hindered by trepidation or self-imposed limits.

This Parent Forum forms part of a tailored program that Meriden is undertaking with Dr Locke and Dr Einstein on this topic. In early Term 1, all students in Years 5 – 8 will participate in a workshop to explore and develop techniques for managing the typical fears and worries that can beset young people today. The program also includes professional development sessions for Meriden staff to assist in supporting the students as they implement new techniques.

Dr Danielle Einstein

Dr Danielle Einstein is a Clinical Psychologist specialising in the treatment and prevention of anxiety, depression and OCD. She was Head of the Anxiety Clinic at Westmead Hospital from 1996 to 2002, and has run her own private practice since 2003. She has taught students at Macquarie University, where she has worked as a postdoctoral fellow.

Dr Einstein has led teams to develop and evaluate wellbeing initiatives, co-authored internationally-used internet programs for anxiety, depression and focused on awareness building for healthy community responses to uncertainty. Her current research explores the impact of device use on mental health.

Dr Einstein's work is acknowledged to be at the forefront of psychological thinking.

Dr Judith Locke

Dr Judith Locke is a registered clinical psychologist, former teacher and school counsellor. She speaks to parents, teachers and students throughout Australia and internationally, on topics related to modern parenting, family wellbeing and academic environments.

Dr Locke is the author of two best-selling parenting books, *The Bonsai Child* and *The Bonsai Student*. She has a clinical private practice, consulting with families in Australia and New Zealand. Dr Locke's psychological commentary features regularly in the media, including a weekly parenting column for *The Sunday Mail*. She is a member of The Australian Psychological Society and a fellow of the APS College of Clinical Psychologists.



MERIDEN
AN ANGLICAN SCHOOL FOR GIRLS

**This is a free event.
No registration required.**