



SYDNEY COUNSELLING CENTRE

ABN: 54 056 809 806

1-2-3 Magic and Emotion Coaching

The *1-2-3 Magic and Emotion Coaching* program aims to teach parents **how to deal with their children's difficult behaviour** by using an easy-to-learn and easy-to-use signalling system to manage children's difficult behaviour. The signalling system requires the parent to use **less talk** and **less emotion**, which in turn encourages the development children's ability to manage their emotional reactions to parental boundaries (or emotional competency).

- to strengthen their relationship with their children
- to help children understand their emotions and behaviour
- to discipline without arguing, yelling or smacking
- to manage change in families

Who is 1-2-3 Magic for?

The program is for parents of children in the pre-primary and primary school years 3-12 years.

How is 1-2-3 Magic Structured?

1-2-3 Magic™ & Emotion Coaching program – is run either a three sessions of Two hours each in a parent education course or one-on-one within six clinical treatment sessions with one of our qualified Psychologists.

When is the next Program, and how do I enroll?

Please contact Reception at Sydney Counselling Centre to discuss enrolling in 1-2-3 Magic on 9415 2223.

Next Course – October 2011.

Assistance and support is available on an individual basis, and the program material can be provided via individual consultations. Referrals from your GP may be possible.