

## WHO IS CATS FOR

Children and adolescents (under 18yrs), living in Bathurst local government area who:

- Have been affected by abuse, including physical, emotional, mental and sexual; or domestic & family violence
- Have been affected by significant neglect
- Are 'at risk of significant harm' (ROSH)
- Are in 'out of home care' – to address issues which led to placement in care

## IN ADDITION

We also work with parents, carers and families of the above children and adolescents.

**NB:** The C.A.T. Service is NOT FOR children & adolescents with significant mental health issues such as schizophrenia, bipolar disorder or other psychosis.

## OUR CATS COUNSELLOR PROVIDES

- Counselling for children & adolescents
- Parenting support for parents & carers if their child or adolescent is using the CAT Service
- Parenting programs to help parents and carers to improve their communication and relationship with their child or adolescent
- Parenting programs to help parents/carers develop appropriate skills for responding to challenging behaviours and emotional problems
- Information, support and referral so that families can access appropriate services

## HOW IT WORKS

The CAT Counsellor meets with parents/carers first, to get a picture of what is needed. It is helpful to bring relevant Court Orders, Apprehended Violence Orders or other related reports to the first session.

Anyone can make an appointment – a referral is not necessary.

## OUTCOMES

We aim to have the following outcomes

### Children

- Get services to meet their developmental needs

### Adolescents

- Stay at school or find work
- Be connected with their family
- Be able to make positive life choices
- Achieve their goals

### Parents / Carers

- Improve or enhance their parenting skills
- Know about community services & resources to meet their family needs
- Improve or enhance their relationships with their child/ren
- Have people to support them

## COSTS & FEES

The CAT service is provided free of charge.

However, if you can afford it and wish to make a donation, this would be gratefully accepted.



## Meet our CATS Counsellor

Michelle has a Masters in Gestalt Psychotherapy and a graduate Diploma in Counselling. She is a member of The Psychotherapy & Counselling Federation of Australia (PACFA) and a Member of Gestalt Australia & New Zealand (GANZ). A registered practitioner with the Centre for Eating and Dieting Disorders (CEDD) trained in Suicide Intervention & Prevention (ASSIST), Trauma and Drug & Alcohol in Mental Health.

Michelle is passionate about understanding the impact of traumatic events on a child's emotional and psychosocial behaviour. Together Michelle explores the child's world in a safe and secure environment. The therapeutic relationship supports the child's exploration and meaning making of the traumatic event/s. It is challenging for a child to articulate their feelings and make sense of their behaviour, consequently Michelle's approach is non-directive and uses many mediums other than regular talk therapy such as play, art, sand play and role play.

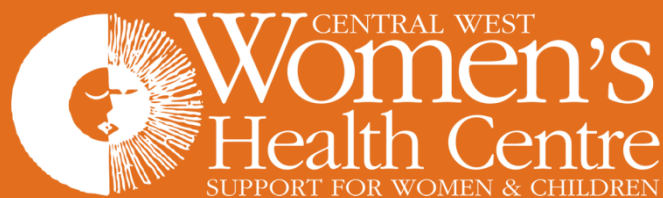
Michelle's approach to working with families and carers is relational and person centred. Working through dilemmas collaboratively with an emphasis on awareness and understanding rather than judgement and diagnosis. Michelle's priority when working with all clients is to relieve distress, increase understanding of behaviours, choices and decisions, develop goals for change and improve well-being.

Michelle is a mother of three young children.



[www.cwwhc.org.au](http://www.cwwhc.org.au)

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Child, Adolescent Trauma Service  
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CENTRAL WEST WOMEN'S HEALTH CENTRE

20 William Street  
PO BOX 674 | Bathurst | NSW | 2795

Tuesday  
9:00AM – 12:30PM

Wednesday  
9AM – 12.30PM  
1.30PM – 5.00PM

Thursday  
9AM - 12:30PM  
1:30PM – 3:00PM

Closed Fridays and weekends

PHONE: 02 6331 4133  
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# CATS

