

Feeling is Thinking Manual Order Form



"I will recommend this program to teachers and friends. We have seen a huge improvement in our daughter's behaviour and attitude. Thank you very much."
(Parent in 2002)



Community Group Program



"This particular course helped her self-esteem and understanding of emotions." (Parent in 2003).

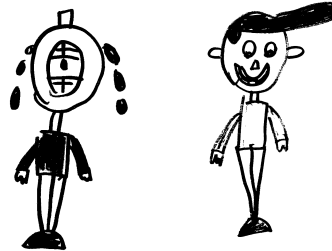
"Yes this group was great. I love it with the teachers." (Child participant in 2003).

Fist was the winner of TheMHS Gold Award in 2006. FisT is one of the most popular group work programs developed by the national award winning **Community Group Program (TheMHS 2002 Gold Award winner)**.

It is a groupwork program designed for children (aged 8 to 11 years) who have difficulty managing strong emotions (either by over-internalising or over-externalising emotions), and who struggle to successfully resolve conflict.

Themes covered in the program include:

- Exploring feelings
- Strong emotions: How do they look?
- What things make people angry
- Managing anger: telling it truthfully
- Taking risks
- Practising changes



Comprehensive evaluation of the FisT program has shown significant and lasting improvement in children's behaviour, self-esteem and ability to express emotions.

CGP 5 Year Progress Report 1999-2003
(A copy of this report is available at www.rch.org.au/mhs/afvp under "Publications")

The Manual contains 85 pages of games, activities, session outlines, activity sheets, easy to photocopy materials and further resources.

Also included is a full colour book "Standing Up to the Stand Over Woman" AND the "Stand Up, Stand Down, Stand Over" Poster additional posters can be purchased separately for \$10).

Cost: \$75

(includes \$8.25 GST)

Postage & handling: **\$5** (within Australia)

To view a sample of the manual or to find out further information on other manuals, resources, training and work undertaken by the Addressing Family Violence Programs, please visit our website at: www.rch.org.au/mhs/afvp.

Manual Order Form		FisT Manual	
Name _____	Organisation _____		
Address _____	Email Address _____		
_____	Telephone _____		
Payment Details:		Number of books _____ @ \$75 each: _____	
		Number of extra posters _____ @ \$10 each: _____	
		Plus postage & handling (\$5 per book): _____	
		Total: _____	
Please fax or post to:		Cheque <input type="checkbox"/> Please make cheque payable to	
RCH, IMHP		Credit Card <input type="checkbox"/> 'Royal Children's Hospital' Attn. Susannah Duncan,	
Addressing Family Violence Programs		PO Box 5103, Sunshine VIC 3020.	
Level 1, 22 Withers Street		Visa <input type="checkbox"/> Card Number _____	
Sunshine VIC 3020		MasterCard <input type="checkbox"/> Expiry Date _____	
PO Box 5103, Sunshine VIC 3020		American Express <input type="checkbox"/> Signature _____	
Telephone: 03 9312 7204			
Fax: 03 9312 7147			
Email: susannah.duncan@rch.org.au			

On payment, this document becomes a tax invoice. ABN 35 655 720 546. "The Royal Children's Hospital."

A tax receipt will be posted following processing of payment.