

# OVERCOMING SCHOOL REFUSAL

Professional Development Program  
Friday 26th April 2019



## The Anxiety Disorders Association of Victoria presents a Professional Development Program for teachers and practitioners working with children and adolescents, presented by Joanne Garfi, Psychologist working in private practice

### Overview

School Refusal is a debilitating condition in which children experience extreme anxiety or panic attacks when faced with everyday school life. Childhood anxiety is increasing in the community and each year schools are challenged by the complexities of School Refusal. Despite its prevalence, it is poorly understood and poorly managed. How schools respond is pivotal as everyday counts. The longer the child is away from school, the more difficult it is to resume normal school life. When poorly managed the impact of School Refusal is far reaching and life changing. Some students fail to return to school full time and some never return at all. All experience serious disadvantage across the lifespan, including but not limited to: employment, relationships, social functioning and mental health.

This interactive, one day workshop explores the causes, co-morbidities and treatment of School Refusal in children and young people, along with providing step-by-step plans and strategies for educators, health professionals and parents to identify and address the problem. Combining educational and clinical perspectives, the workshop uses real case studies to demonstrate the varied reasons students disengage from school, and how tailored interventions and return to school plans, can meet the specific needs of individual children. This instructive workshop identifies and explores the complex workings of School Refusal and provides a structured best-practice approach to overcoming it.

Topics include:

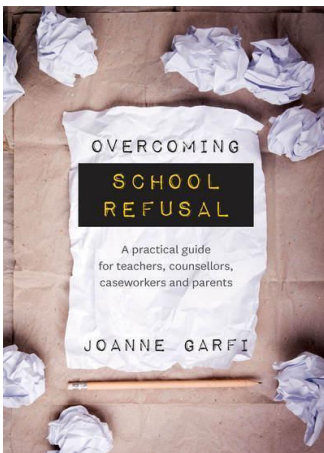
- What is school refusal?
- How school refusal presents in the class room and home
- Why children refuse to go to school?
- Why an informed and individual approach is needed?
- The impacts of School Refusal and why early response is critical in decreasing the length of absence
- Home Schooling and distance education. Often touted as a solution to this problem, the advantages and disadvantages are explored
- What professionals can do? Practical responses for workers at all levels
- What parents can do? Engaging parents/carers in a supportive role
- Treatment for School Refusal: CBT, mindfulness, behavioural activation, boundary setting, exposure, cognitive restructuring and the role of medication
- Additional needs students: ASD and high achievers

Translating research and jargon into understanding and practical strategies, this workshop is suitable for all principals and educators (P-12), health professionals, GPs, paediatricians, family support workers, residential carers, MH day-program staff, and parents/ carers. This workshop answers the questions asked by teachers, counsellors and parents alike.

### **About the Presenter**

For over 30 years Joanne Garfi has treated and consulted teachers, counsellors and parents in a manner that is easy to comprehend, devoid of the jargon and theories, and gets results in overcoming School Refusal. As a psychologist who has worked extensively across primary and secondary schools Joanne has provided treatment, support and specialised training to whole school communities for many years. She has a special interest in the treatment of Anxiety and Panic Disorder and is well known for her work with school refusal, childhood anxiety, behavioural disorders and developmental issues.

She also runs a busy private practice and is the author of [\*Overcoming School Refusal: A practical guide for teachers, counsellors, caseworkers and parents.\*](#)



### **Target Audience**

Practitioners and teachers working with children/adolescents.

# Professional Development Program

## OVERCOMING SCHOOL REFUSAL

### Full-Day Interactive Professional Development Program – 7 CPD HOURS

**Please note:**

**APS Members can accrue Continuing Professional Development (CPD) hours by participating in CPD activities that they determine to be relevant to their individual professional skills, learning plans and goals. These may be self-initiated. CPD activities do not need to be endorsed by the APS.**

|                                     |   |
|-------------------------------------|---|
| <b>Date</b>                         | Friday 26 <sup>th</sup> April 2019<br>9.00am to 4.00pm (8.30am registration)  |
| <b>Presented by</b>                 | Joanne Garfi, Psychologist  |
| <b>Venue</b>                        | Eastern Hub Geelong<br>285A McKillop Street Geelong VIC 3216<br>Room name: Hinchcliff   |
| <b>Additional details</b>           | - Includes presentation booklet, Joanne Garfi's Overcoming School Refusal book & reference materials<br>- Certificate of Attendance (with CPD Hours stated) sent via email post-event<br>- Tea/Coffee, mid-morning break and lunch provided |
| <b>Cost*</b>                        | Standard/Non-members: \$199.00<br>ADAVIC Members: \$185.00<br><br>*ADAVIC does not charge GST<br>*includes Joanne Garfi's Overcoming School Refusal Book, RRP @ \$24.95   |
| <b>Booking details</b>              | Bookings are limited to 36 professionals<br>Bookings close 13 <sup>th</sup> April 2019  |
| <b>Bookings through ADAVIC via:</b> | ADAVIC Online Store: <a href="http://www.adavic.org.au/product-view.aspx?Id=316">www.adavic.org.au/product-view.aspx?Id=316</a><br>Or for a registration form, refer bottom of document   |
| <b>Enquiries</b>                    | Phone: (03) 9853-8089<br>Email: <a href="mailto:adavic@adavic.org.au">adavic@adavic.org.au</a>  |

### Proceeds from this event help to maintain ADAVIC services

*ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression*

**PAYMENT & REGISTRATION FORM**



I would like to register for:

**Professional Development Program: Overcoming School Refusal** by Joanne Garfi on Friday 26<sup>th</sup> April 2019.

**ATTENDEE NAME(S)**

**POSITION TITLE**

**ORGANISATION**

**EMAIL**

**POSTAL ADDRESS**

**CONTACT NUMBERS**

**1**

**2**

**HOW DID YOU HEAR ABOUT THIS EVENT?**

**WOULD YOU LIKE TO RECEIVE OUR E-NEWSLETTER?**

YES  NO

**YOUR LEVEL OF KNOWLEDGE ON THIS TOPIC**

LOW  MEDIUM  HIGH

**DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS?**

NIL  VEGETARIAN  GLUTEN FREE  
 OTHER (please specify):

**PAYMENT AMOUNT**

\$199.00 – Standard/Non-Member  
 \$185.00 - ADAVIC Member

**PLEASE NOTE: A 25% administration fee applies for refunds requested before 3rd April 2019. No refunds or credits will be issued after this date.**

Cheque / Money Order (Made out to *Anxiety Disorders Association of Victoria*)

Credit Card details:

Name on Card:

Credit Card Type:  Visa  MasterCard

Credit Card No:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Expiry Date: \_\_\_\_ / \_\_\_\_

Signature.....

Please return this Payment Form via email to:  
[office@adavic.org.au](mailto:office@adavic.org.au)

Or post to **ADAVIC**, PO Box 625, Kew, VIC 3101

**OFFICE USE ONLY**

**Processed by:**

**Date:**