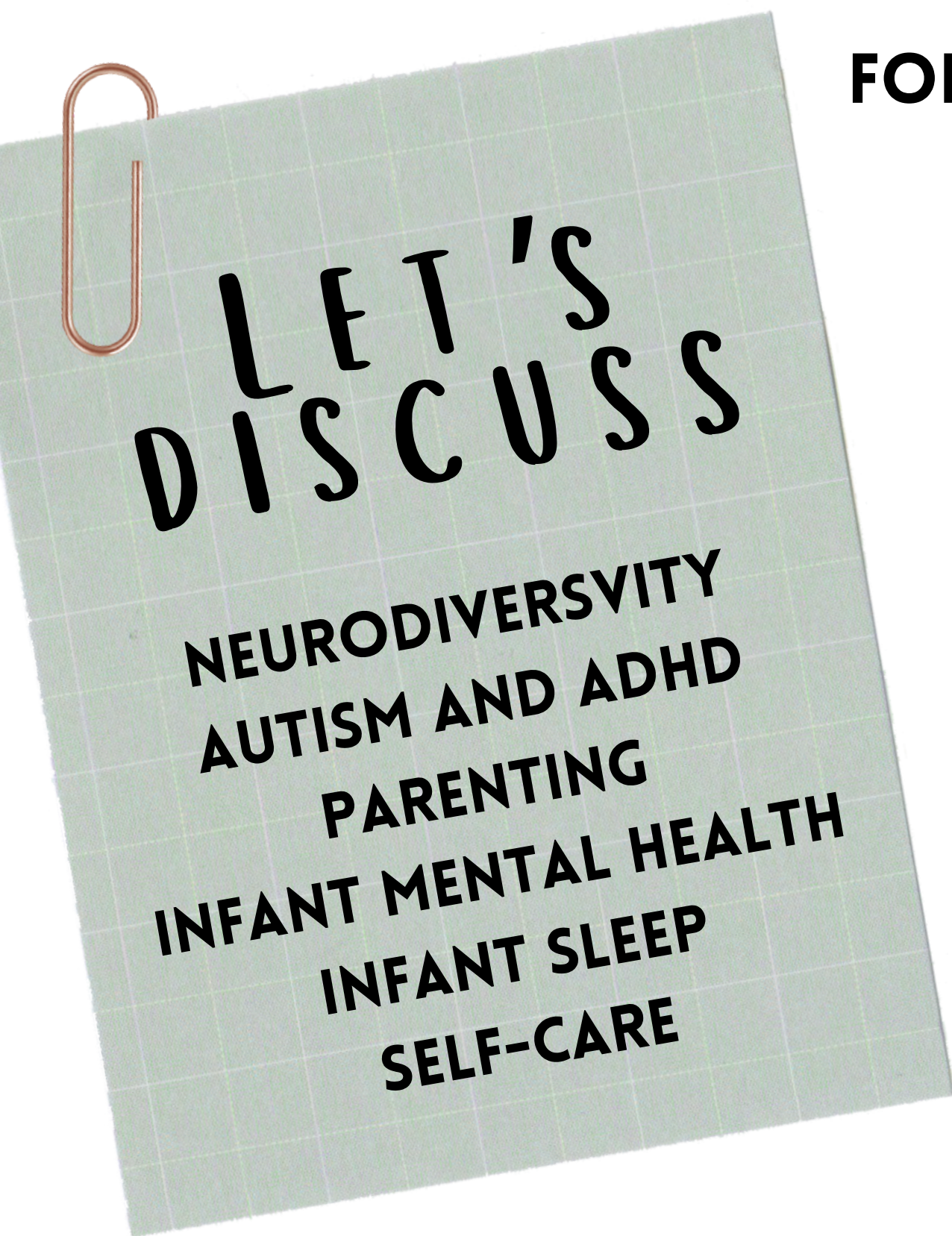


LIVE TRAINING

FOR HEALTH PROFESSIONALS & EDUCATORS



Whether you need training at your next team meeting, professional development day or conference, or if you want to deep dive in a whole day intensive training, Rebecca can meet your professional development needs.

Rebecca can come to you if you live in the Nepean Blue Mountains and Sydney region. Or meet with you via ZOOM.



ABOUT REBECCA CEFAI

Psychologist
Board-Approved Supervisor
Mother of three
She/Her

CONTACT ME



I don't offer training that is out of touch with the daily realities of health professionals, teachers, and families...

Having worked in a range of roles including as a psychologist, educator in out of school hours care, school counsellor, playgroup facilitator, and assessor, Rebecca brings extensive professional experience working with children and families, and understands the challenges experienced by everyone in education and health settings.

Rebecca offers a compassionate and honest perspective to neurodivergence and parenting, drawing from her lived experience as a neurodivergent mother of 3 young children. Rebecca has been on both sides of medical appointments, IEP meetings, diagnostic assessments, therapy and shopping centre meltdowns, offering valuable insights to health professionals and educators.

Too often the needs of children are pitted against the needs of their parents and teachers. I want to change this.

Rebecca offers a compassionate approach to health professionals, teachers, parents, and children, and is determined to ensure the needs of all are met. Rebecca believes that supporting children cannot be done without parents and carers also offering themselves the same care and compassion.



DID YOU KNOW?

A child can be autistic whether they are diagnosed or not.

The number of autistic children is increasing.

Autistic children have higher rates of unmet health needs.

Most children who do not attend school are neurodivergent.

Autism likely presents differently to how you think.

You play an important part in nurturing the wellbeing of autistic children

It is now more important than ever to ensure your understanding of autistic individuals and how to support them is up-to-date and comes from a neuro-affirming lens.

Swim schools, dance schools, playgroups and sporting clubs...

DO YOU THINK YOU ARE SUPPORTING NEURODIVERGENT CHILDREN WELL?

Looking at how your neurodivergent students participate in your extra-curricular activity is just one indicator of how inclusive your program is. Many neurodivergent children will drop out programs and classes without explanation. Or they may not even try to attend unless your program is clearly neurodiversity affirming.

Let me help you create a welcoming and inclusive environment so that neurodivergent children stay engaged in your program.



AUTISM IS NOT A DISORDER

UNDERSTANDING AUTISM THROUGH A NEUROAFFIRMING LENS

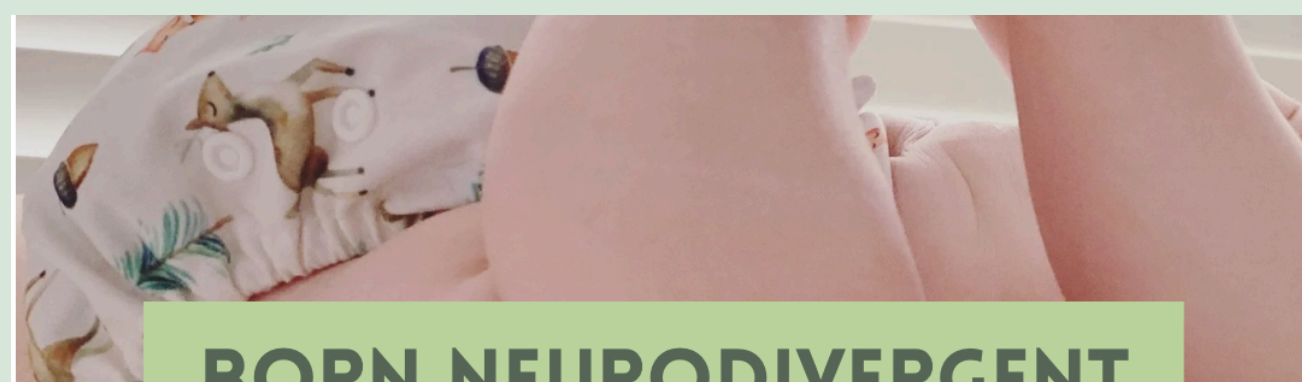
Autism is often portrayed as a tragedy, where autistic children's differences are described as deficits. Not only that, many autistic children have needs that go unnoticed because they present differently to stereotyped views of autism. Challenge what you know about autism through a detailed look into what autism can look and feel like, and how the way we talk about and consider autism matters.



NEURODIVERSE EARLY CHILDHOOD SPACES

CREATING INCLUSIVE EARLY CHILDHOOD ENVIRONMENTS

This workshop explores whole-centre based strategies that daycare in preschools can adopt to cater for children regardless of their neurotype. These strategies are not time-consuming and can benefit all children at the centre. Take home visuals and resources to get you started.



BORN NEURODIVERGENT

SUPPORTING AUTISTIC BABIES FROM BIRTH

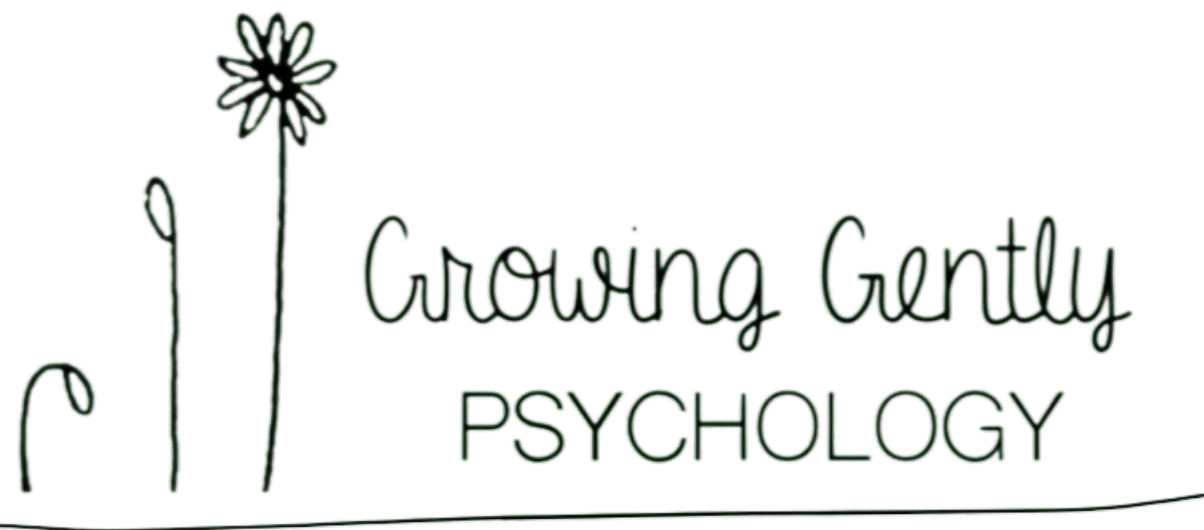
For every three-year-old, primary school student, teen, or adult diagnosed with autism, there was a baby who carers and health professionals did not know was autistic. Being an undiagnosed autistic can lead to others misunderstanding your needs and can cause stress to the whole family. This workshop explores how we can support all babies in a way that is neuroaffirming so no autistic babies go without having their needs whilst waiting for their neurotype to be identified.



MAKE MY CLASS NEUROAFFIRMING

HOW TO TAILOR YOUR EXTRA-CURRICULAR GROUP PROGRAM TO SUIT MINDS OF ALL KINDS

Whether you offer dance classes, playgroups, swimming lessons, or sporting activities, there are many easy ways you can cater to neurodivergent children. This workshop will consider your key challenges as program providers, as well as the needs of neurodivergent children, to ensure their active inclusion and participation in your program.



We all want the kids we care for to have good mental health.

Yet many common parenting and teaching practices ignore what we know about mental health...

Good mental health starts at birth.

Attachment to caregivers vital to a child's wellbeing.

Self-regulation is only truly achieved through the repeated experience of coregulation with a trusted caregiver.

These truths are at odds with common practices such as "kiss and go", "stop crying", "you get what you get" and "cry it out".

The day-to-day interactions health professionals and educators have with children and their families are filled with opportunities to nurture a child's mental health.

From helping children separate from their parents at drop off, to calming an upset child, to helping a family manage nighttime parenting. How we approach these situations can have a profound impact on a child's wellbeing and mental health.

YOU CAN'T POUR FROM AN EMPTY CUP

Support your staff to be gentle not only towards the families they support but also to themselves, by hosting the "Beyond Self-Soothing" workshop at your organisation.

Participants will formulate their own take-home "Self-Care Plan" to ensure their own wellbeing is nurtured alongside the important work they do.



INFANT MENTAL HEALTH

SUPPORTING A CHILD'S MENTAL HEALTH FROM BIRTH

This workshop will explore infant mental health and how parents, educators, and health professionals can nurture child mental health from birth. This workshop not only gives infants and children a voice, it gives those who care for children practical tools to support their emotional development.



WHEN PARENTS NEED SLEEP BUT DON'T WANT TO SLEEP TRAIN

BALANCING THE SLEEP NEEDS OF INFANTS AND PARENTS

We know that infant sleep can have a significant impact on parental mental health. This workshop considers various approaches to infant sleep and how health professionals can offer families support that goes beyond sleep training and traditional behavioural approaches.



GENTLE TRANSITIONS

APPLYING A CURIOUS AND SOLUTION-FOCUSED APPROACH WHEN TRANSITIONING TO PRESCHOOL

We start off discussing how we can prepare children for the commencement of daycare and preschool. We will then zoom in and focus on supporting gentle separations from parents at drop off. We consider what might be happening when drop offs are tricky and what we might consider when finding solutions.



BEYOND SELF-SOOTHING

SELF-CARE FOR PROFESSIONALS

Self-care is often the bottom of the list For health professionals in a climate where waitlists and caseloads are high. Self soothing activities such as meditations and walks, although beneficial, can seem out of reach to time and energy poor professionals. This workshop explores how you can nurture your own well-being through considering your work practices to reduce burnout and work stress.