



**BRAVE**  
**HQ**

# **‘Hero Training’**

**Life Skills Program**



## **About Brave HQ**

A long time ago in a galaxy far far away two psychologists and a tutor joined forces to create Brave HQ. Taking a unified approach to mental health care and education, they continue to valiantly pursue the individual needs of their clients.

## **Hero Training Life Skills Program**

It may seem that heroes only live in comic books, TV shows and movies, but we all have the ability to become a hero. Brave HQ's Hero Training is one of the most important missions for Brave HQ. Each Hero in Training is put through many trials to learn the knowledge, skills and confidence to manage common social and emotional difficulties.

Each school term 8 x 2-hour training missions are held at school or our clinic which includes 30 minutes' interactive observation during recess, lunch or a free play session with the counsellor and Heroes in Training. The program has been developed by psychologists Jessica Ducat, Holly Melrose and counsellor Annie Hearne drawing on the SCERTS model and our prior school based experience.

## THE BLUE

- Operation:** Hero Training
- Inclusions:** Per child, up to 8 children per group:
- 30-minute intake interview with parents.
  - Parent and teacher pre-program survey.
  - 8 sessions at 1.5 hours plus 30-minute practice of skills in a natural setting.
  - Parent and teacher post-program survey.
  - 30-minute feedback with parents.
  - Written report given to parents with any recommendations discussed.
  - 2 hours with Jess or Holly (Registered Psychologists) for the school to utilise for support or professional development.
- Benefits:**
- Tailored sessions to the unique requirements of the school and Heroes in Training.
  - Supervised by two psychologists.
  - Optional: one of our psychologists or higher degree interns can work with the child and family on an individual basis.
- Hero Supporters:** Annie Hearne (Counsellor) and a higher degree psychology intern (provisional psychologist).
- Cost:** \$640 per child per term paid either by parents or school.
- \*Optional: Ten 50-minutes sessions of psychological strategies delivered by Holly or Jess at the school under Medicare require a \$40 gap payment per session. *If a Brave HQ psychologist already provides counselling services at your school, then we waive the gap payment.* Further sessions are charged at \$140 per hour. Sessions delivered at Brave HQ are \$170/hour full fee, \$140 concession.
- Individual sessions with Annie Hearne \$80/hour
- Individual sessions with provisional psychologist \$40/hour.
- Some rebates may apply with private health insurance.
- Minimum 6 children*