

Learn from yesterday,  
live for today, hope  
for tomorrow. The  
important thing is not  
to stop questioning.

- Albert Einstein



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## The Lighthouse Seminar Series

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Is a rich learning environment where people can learn from the professionals who have the hands-on experience, hear about effective new and innovative approaches for working with young people, and share experiences.

- Professionals wishing to improve their clinical skills and further develop their professional and personal knowledge.
- Parents and Foster Parents wanting to understand and learn more about child and adolescent development and behaviour, understand how to relate and work together as a family, and share practical insights into how to build strong relationships with their kids.

### Who Should Attend?

Professionals, parents, foster parents and anyone who works with or want to help vulnerable young people – particularly those who have been doing it tough – to be healed and become active members of the community.

Seminars are open to all participants, regardless of their background and experience.

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## Seminar Features

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Diverse range of topics - choose the topics that interest you.

No pre-requisites for attendance - each seminar is a 'stand alone' event.

- Small interactive groups – an informal, supportive and stimulating learning environment (max. 20 per seminar).
- Presenters who are qualified and experienced professionals – sharing their very real, day to day experiences working in the field.
- Value for money – Lighthouse Foundation is committed to providing a supportive and rich learning environment for its staff and in 2010 is extending this opportunity to external professionals, parents and foster parents. The Seminar Series, priced just to cover costs, is conducted as a service to the community and is consistent with our values of Respect – Courage – Kindness.



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**You will take away:**

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**For Professionals** wishing to improve their knowledge and skills.

- ✓ Effective Tools and Techniques for working with vulnerable young people who have a history of abuse, neglect and trauma.
- ✓ Knowledge on how to implement practical approaches within your organisation or your practice to deliver effective support for young people.
- ✓ Case Studies detailing the implementation of the successful approach 'Lighthouse Foundation Therapeutic Family Model of Care'.

**Parents, Carers and Foster parents** looking for practical answers for parenting children and adolescents.

- ✓ Expert advice from the professionals who have dedicated their lives to working with young people.
- ✓ Understand the strategies for making families work.
- ✓ Knowledge of human development – and the physical, emotional and psychological issues that lead to low self-esteem, challenging behaviours and other challenges for children and adolescents.

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**To Register**

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**By mail:**

Complete the Registration Form (found within this brochure) and post with payment details to Lighthouse Foundation,  
13 Adolph St,  
Richmond VIC 3121

**By phone:**

Call Lighthouse Foundation and register by phone  
P. 03 9093 7500

**By fax:**

Fax your details by completing the Registration Form to  
F. 03 9093 7555

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## About your Host, Lighthouse Foundation

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Lighthouse is an independent, non-denominational not for profit organisation, committed to ending youth homelessness.

Lighthouse Foundation Founder, Susan Barton AM, started caring for vulnerable and traumatised young people in her own home 33 years ago. In 1991, Lighthouse Foundation was officially formed to support and expand this work. Susan was awarded 2009 Melburnian of the Year in recognition of her ground-breaking work and successful approach to helping homeless young people rebuild their lives.

Lighthouse Foundation provides vulnerable young people, typically aged 15-22 and who have been homeless, with a safe, stable family-style home environment. Each young person is supported 24/7 by live-in carers as well as specialist services, including case management, and psychological and education programs tailored to meet their needs. Through their Lighthouse experience, they learn again to relate to others, to exercise positive life choices and become active members in the community.

Young people usually stay for 6-24 months, following which they are welcome to access ongoing support through the Lighthouse Outreach Program at any time.

The success that young people experience through Lighthouse is built on the evidence based, replicable Lighthouse Therapeutic Family Model of Care. Key features of this approach have been shaped by Attachment Theory (Bowlby 1969; Becker-Wediman & Shell 2005; Bretherton 2007; Hardy 2007; Sonkin 2005), Object Relations Theory (Dockar-Drysdale 1991; Scharff & Scharff 1991; Winnicott 1953); and Psychological Wellness Approaches (Prilleltensky 2000).



*Giving homeless kids a future*

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