

***An opportunity to train to use
David Rolls' materials and ideas in your own pro-
fessional practice***

For over 16 years David Rolls has been delivering his Life-Skills, Relationships and Parenting course at LECNA and in other places. The courses have an outstanding record of success in assisting people to make changes for the better in their lives. It has helped people who are unhappy with a wide range of aspects of their lives such as: parenting and relationships with their infant, young, adolescent or adult offspring; relationships with their partners; relationships with their own parents and siblings; domestic violence situations; anger management difficulties, excessive depression and anxiety; family separation; and significant loss and grief situations.

David has a long standing ambition to share information about the theory and practice that has helped him achieve these kinds of result with fellow professionals. He would like to see others using his ideas to make their own practice more effective.

In 2014 David intends to commence a "Train the Presenter" course for professionals who are interested gaining access to the materials and ideas used by David in his courses for use in their own practice.

In this half day seminar David will share information with participants about his courses and about his proposed training course so that they can make informed decisions about whether they wish to participate in it with a view to making their professional practice more effective by using his ideas.

The Purpose of the Proposed Training Course:

LECNA intends that this course will offer an opportunity to "grass roots" workers who wish to enhance their understandings of the emotional/behavioural functioning of people. It is expected that participation in this course will result in the development of skills that will help in communicating these understandings to those they, in turn, help/support.

LECNA's wish is that an outcome of this "training the trainer" process will be that the benefits to the health and wellbeing of people and their families seen over the past 8 years as a result of the KNIT programme, may be replicated in other helping organisations.

**KNIT is different!
It is special!
It can change your life
and that of your family.**

**Take a look at what people
have said about KNIT:**

Before, I would get cranky at the kids. I have learned to think all the time before I react.

When I first came to KNIT our daughter was in care. I was desperately unhappy. I have done the course twice, the second time my partner came too. Now our daughter is living with us again. My life is complete again.

Coming from a different culture it is wonderful how inclusive the course is.

In 10 weeks we moved from power to respect. It's amazing how lots of changes have happened. My relationship with my daughter is a lot more joyful. It has changed the dynamics of our family for the better.



"Building Better Lives"

**A Free Half-Day Seminar
to share
information about**

**David Rolls'
Life-Skills, Relationships
& Parenting Course**



**and
the highly successful**

***K.N.I.T.
Programme***

**at
Logan East Community
Neighbourhood Centre
which is built around
the course**

***Includes an introduction to a forthcoming
opportunity to train to use David's
materials and ideas in your own
professional practice***

Thursday 27th March 2014, 12.30—3.30 p.m.

At Springwood Community Centre,
Cnr. Cinderella Drive & Vanessa Boulevard,

Introducing David Rolls



David moved from Engineering Drafting to Social Work after completing a four year Social Work Degree at the University of Queensland in 1979. He was employed in Government agencies, and has been in private practice in Manly, Queensland since 1986.

The belief that each individual has the ability to manage life situations when motivated to do so underpins all of David's work. He provides information, support, and therapeutic processes to those wishing to make changes, or manage difficult issues more effectively.

David has had extensive experience in mediation since 1991. Trained in this area by Bond University and Legal Aid Qld., he has provided mediation to many parents having difficulty deciding about settlement in relation to children's matters.

Professional services are provided by David to a number of Government and non-Government agencies also include: training and professional supervision for employees, team building and independent review reports.

He is a member of the Australian Association of Social Workers. This validates his professional status as having completed a four year full-time degree at University of Queensland, gaining a Bachelor of Social Work. Membership requires ongoing professional education/development.

This is a free seminar. Please RSVP to LECNA on (07) 3808 4529 by close of business on Monday 24th March 2014 to assist with catering for attendees.

The event is supported by a grant from Thiess Pty. Ltd.

The Course

David Rolls has developed his life-skills course with the intention of sharing valid, up to date theoretical information that will help people to cope better than they currently are with whatever situations life presents.

David's course focuses on:

DEVELOPING IDENTITY

How do we become who we think we are? Learn how to identify the non-useful habits we develop.

MANAGING EMOTIONS

What are emotions for? Learn to understand them and how to manage them.

MANAGING ANGER & ANXIETY

What is the threat/anger/anxiety link? Learn how to stop reactions you don't want.

EXPRESSING LOVE

What is love? Learn how to recognize the behaviours we use to express love in any relationship.

COMMUNICATION

What is good communication? Develop an understanding of the impact of communication on relationships.

MANAGING CONFLICT

Why is conflict inevitable in all relationships? Learn productive conflict management skills, different to the fighting or running away we often do.

ASSERTIVENESS

What is true assertiveness? Develop respectful sharing of ideas to promote successful relationships.

PARENTING-

What is effective parenting? Explore the influence children and parents have on each other. We've all been there!

SEPARATION AND GRIEF

How do we respond to loss? Develop an understanding of and how to manage the emotional impact of loss in intimate/family relationship contexts.

What is the KNIT programme?

The KNIT programme involves the sharing of **knowledge** that will help in the raising of children and adolescents into successful adults. It involves building **networks** that will support participants to make lasting changes in their relationships with the young people in their lives. It encourages participants to **intervene** and change those behaviours that just aren't working for them; and to try the alternative options that are suggested as new ways of thinking about and dealing with problems in relationships. In the programme **training** and coaching are offered so that participants can practice the new approaches to their relationships with the young people in their lives that they choose to try out and use.

The KNIT course at Logan East Community Neighbourhood Centre consists of 10 weekly sessions each 2 hours long. It is repeated 4 times each year and it is common for people to participate several times in order to consolidate their knowledge and understanding. Participants are offered ongoing support in practicing the skills that they have learned from a dedicated social worker and a team of volunteer mentors. Every effort is made to develop a culture of mutual support between participants.

The course is designed so that you can start at any time, even when the course has been running some time. Each session has important information about that session's subject. All the sessions build together to provide information about the issues we all run into in our lives.