



BrainWave Centre

Objective Measurement...
Confident Management

INFORMATION Sheet

Self-Esteem Program

What is Self-Esteem?

The developmental process during childhood and adolescence can be a daunting and sometimes an isolating experience for some children/teenagers. While some establish social contacts easily, others find they don't fit in.

Children and adolescents who have difficulty coping tend to further withdraw from their peers and support network i.e. their family and friends. When this occurs the child/teenager may adopt a self-concept, constructed by themselves or others, that is negatively biased. This experience may invoke feelings of worthlessness, rejection, depression, and anxiety. In general they develop low self-esteem.

Self-esteem is how you feel about yourself, and the extent to which you expect to be accepted and valued by others. To have a good opinion and good feelings about yourself is integral to the development of life skills which produce success and contentment in the future.

Self-esteem is a malleable characteristic in each person. Although it becomes strongly engrained as a trait, it is possible to learn the skills to produce higher self-esteem and escape the doubt, uncertainty and negativity of low self-esteem.

Low self-esteem can be identified in children by the following characteristics, particularly if these characteristics appear in the extreme:

- Overly self-critical/great difficulty in dismissing weaknesses
- Lack of positive self-reinforcement
- Lack of socialisation
- Easily influenced by others
- Unsure of strengths
- Looks to others for reassurance and reinforcement
- Poor coping strategies

What is the Self Esteem Program?

At the BrainWave Centre, we run a group program based on developing the skills that are fundamental to increasing self-esteem. The therapeutic program is tailored to children during the prime developmental period of their self-awareness. The program includes a fun and interactive learning forum, while still focusing on development of an understanding of the self, feelings, problem-solving and development of assertiveness.

What is the duration of the Self-Esteem Program?

The Self- Esteem Program runs for 6 weeks and comprises of:

- 2 weeks of parenting skills (90 minutes each)
- 4 weeks of group-based interactive learning (90 minutes each)

What are the participation options?

The main program is run in groups of 6 - 10 participants. However, individual specialist guidance counselling is available. Groups are defined by particular age groups. Ages range from 5 to 17 plus years.

How much does the program cost?

Due to the community demand for such a service we have tried to keep cost to a minimum. Cost covers all materials, qualified health care professionals etc.

How is the program run at the BrainWave Centre?

Either as:

1) Group-Based Program

OR

2) Non-Group Based Program (may include family with 2 participants)

OR

3) Individual private consultations

All programs above run in weekly session over a period of 6 weeks.