

A FAST METHOD TO REFRAME WORRIES CREATIVELY

KIDS ARE LOVING THE REFRAME METHOD

THE POWER OF REFRAME Becoming ever so popular. Positive Thinking Clinic has been inviting kids to place all their worries, fears and anxieties on paper. Well to be specific, first they draw themselves and create meaning. This has been working great and Amanda Dounis is allowing kids to show her how to best use this technique. She is watching kids document their concerns and worries "inside" their portrait. Most kids work out that the next step is to draw arrows to get these concerns outside of their bodies. BUT HOW? Well its quite so simple and yet cognitively effective. With the help of arrows from each concern pointing out of their bodies (and some sneaky suggestions from Amanda), Amanda questions "What new relationship can you form now with that issue?" Naturally with some guidance, these amazing kids come up with the most compassionate and mindful solutions /reframes. Who would have imagined, from fearing the dark, you can reframe it to be your peaceful, cosy time. Or, from worrying about loud noises, you say "oh thank you for reminding me to snap out of my day dream". These simple reframes are usually enough to create happy and excited kids. After all, isn't that what we all want? Positive Thinking Clinic is showing our kids that we can view things differently. And this means we can feel differently. Oh, it's the wonder in kids. Amanda Dounis [Psychotherapist]

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