

KIDS RESYNC

VISION

Kids Resync supports children to get back into sync with themselves, their caregivers and school so that they can play, develop, learn and thrive

WHAT IS KIDS RESYNC?

Kids Resync is a Youth Alive Trust programme which provides a wrap-around of therapeutic interventions based on evidence-based theory.

We work with primary aged children and their parents/caregivers. Currently it is funded through the Eliza White Trust for the support of children who attend either New Brighton Catholic or St. James Aranui Schools.

These schools are able to refer children who are not able to fully engage at school- this might be due to a variety of reasons e.g. struggling to manage big emotions, anxiety, grief, aggression, etc.

The programme works holistically with the child and parent/caregiver with a view to understanding what is happening underneath the difficulties, behaviours and symptoms. This understanding will be used to create a personalised relational and play-based programme for each child .

This will include some or all of the following:

- Parent session where we seek to make sense of what is happening for the child.
- Play based counselling sessions for the child.
- Interactive play based sessions with parent and child.

We can also refer to other supports as necessary.

After your school has referred your child, Sandy will be in touch to make an appointment for you to come in to meet with her and to discuss a plan of support for you and your child.

LOCATION

Kids Resync services are based at:

The Seafield Building
71 Beresford Street
New Brighton
Christchurch

MORE INFO

For more information or enquiries please contact Sandy Hitchens.

Email

doorsofhopecounselling@gmail.com

Phone

022 1351 537

MEET THE TEAM



SANDY HITCHENS-
COUNSELLOR AND
COORDINATOR

Sandy has a Bachelor of Counselling and is currently counselling in her private practice and in primary schools. When working directly with children, Sandy adopts play-based approaches for exploration and expression of the child's emotions. Sandy also works with parents so that together they make sense of what is happening for the child on an emotional and developmental level.

Sandy's counselling approach has been informed by the work of Canadian-based developmental psychologist, Dr. Gordon Neufeld. Sandy is on faculty for the Neufeld Institute and loves to offer courses and seminars for parents and professionals working with children.



PERDITA BAKKER-
COUNSELLOR

Perdita has a Bachelor of Counselling and works with children and young people, working as a school counsellor supporting children and parents, as well as private practice clients of all ages. She is passionate about working with children, bringing a warm, playful and creative approach her sessions, believing that relationship-building, play, and supporting whanau are at the heart of counselling children.

She uses a person-centred and narrative therapy approach which supports families in working together to separate the person from the problem and identify their own resources to bring growth and change.

