



CONNECT AND GROW

MOKSHA THERAPY
PSYCHOLOGY
PRACTICE

23RD SEPTEMBER 2022

8:30AM-4:00PM

2 BUNDARRA STREET,
BLACKHEATH RSL HALL

GROWTH IS A LIFELONG PROCESS
AND IS SUSTAINABLE BY CREATING
A COMMUNITY SURROUNDED BY A
NETWORK OF KEY INDIVIDUALS.

MOKSHA THERAPY PSYCHOLOGY
PRACTICE IS BRINGING TOGETHER
A PROGRAM TO CONNECT
INDIVIDUALS WHO BELONG TO
THE DISABILITY COMMUNITY.

IT IS A 26-WEEK PROGRAM. THE
PURPOSE AND INTENTIONALITY
OF THIS PROGRAM ARE TO EQUIP
INDIVIDUALS WITH LIFE SKILLS

VINITY GILL

(BEHAVIOUR SUPPORT SPECIALIST)

MARK PTOLEMY

(SUPPORT COORDINATOR
AND DISABILITY ADVOCATE)

CAROLE FUGE

(THERAPEUTIC SUPPORT
STAFF)

JASON CAMPBELL

(THERAPEUTIC SUPPORT
STAFF)

LEWIS SQUADRITO

(EXERCISE PHYSIOLOGIST)

The program guidelines: Are based on the question, "Does the program fit the participants?"
Age Group: 10 to 40 years

Hence, we at Moksha Therapy Psychology Practice are starting with a Roadmap that follows the following principles and will guide the program:

1. Goals
2. Tension Management
3. Resourcefulness
4. Connection
5. Logical thinking

How does growth happen?

The functioning of each individual, when faced with a neurological, physical and environmental challenge, can hinder their and family's growth. This hindrance can frustrate individuals and families from fulfilling critical tasks. For growth to happen, the individual and family need to employ ways to manage their uniqueness of family functioning and also have the ability to integrate complex thinking.

In this program, we will aim to highlight the uniqueness of how individuals function and how families can connect with resources to become a community to support this uniqueness.

Benefits for Carers and Participants?

1. Equipped with life skills
2. Connected with community
3. Ongoing support with the behaviour specialist

The program entails:

1. Cooking
2. Exercise Physiology
3. Nature and its therapeutic advantages
4. Connecting with the community gatekeepers like police, banks, real estate etc
5. Story writing and drama
6. Clinical sessions with the behaviour support specialist
7. Becoming a mentor

Beginning of the program

1. Assessment of individuals tension management
2. Introduction of the key players of the program

During the program:

1. The participating individual is assessed daily on a growth and tension management checklist. The program's coordinators will do the assessment.
2. Vinity Gill (Behaviour support specialist) will be compiling the data. Vinity Gill will discuss these adjustments with the program coordinators.
3. Carers of the individual will meet with Vinity Gill on designated days to discuss assessments.
4. Mark Ptolemy will facilitate the sessions for the carers to meet with the community gatekeepers represented by the banks, police, and real-estate agency.
5. Growth and tension management assessment is done again in week 13 of the program to assess the shift.

End of the program:

1. The individual participants will prepare dinner for the elderly who meet at the RSL. Under the supervision of Jason Campbell (cook and therapeutic support staff)
2. The individual participants will do a 5-minute performance for the elderly. Under the leadership of Carole Fuge (therapeutic support staff)
3. The individual participants will give the elderly potted plants.
4. In week 26, Vinity Gill will present the data collated through the assessments to the carers of the individual participants, community gatekeepers, NDIS Local Area Coordinator, School principals, and counsellors. Morning tea will be served.
5. We will share our future vision.

Cost of the program:

One Session Per week for 8 Hours and the cost of Session is \$250. Payment plans are available for non-NDIS participants. NDIS participants will be charged under the Social and community. A service agreement will be drafted for the entire program.

Carer and participants interested are encouraged to apply.

Who to Contact: Vinity @ 0420 973 363