

How do I access this service?

We accept self-referrals as well as referrals from professionals (e.g. teachers, other educational, health or welfare providers). Centre hours and appointments are by prior arrangement.

We welcome your enquiries. For further information about the availability of services, parenting/whānau support, or to discuss whether the Centre's services are suitable for you and your family/whānau, please contact:

Email: hsclinic@canterbury.ac.nz

Further information and our online referral system is also available on our website: <http://www.canterbury.ac.nz/education/schools-and-departments/school-of-healthsciences/dovedale-centre--pukemanu/>

Cost

There is no charge to families/whanau for accessing services. The centre relies on donations for funding. If however you would like to make a donation toward costs and support another child to access our service it would be much appreciated.



Location

We are located on the ground floor of the Waimairi building at the College of Education, Health and Human Development (University of Canterbury). Access is from Dovedale Ave. Parking is readily available on site. Public transport is also nearby.

Acknowledgements

Thanks to:

- Anne and Betty Wignall for their generous sponsorship, support and vision
- The family of the late Trudi Mackay for donations of play equipment
- Paul Shackleton from Eminence Design for creative support.

For further information

University of Canterbury

Te Whare Wānanga o Waitaha
Private Bag 4800
Christchurch 8140
New Zealand

<http://www.canterbury.ac.nz/education/schools-and-departments/school-of-health-sciences/dovedale-centre--pukemanu/>

Child and Family
Psychology Services
*Pukemanu –
Dovedale Centre*



Pukemanu.



UC  EDUCATION, HEALTH
& HUMAN DEVELOPMENT
Te Rāngai Ako me te Hauora

Pukemanu – Dovedale Centre

Mission Statement

“Kia tu, kia puawai tu kaha te whānau ora – With a strong and healthy family, we are all strengthened”

The well-being of families/whānau is our highest priority

Our service is shaped by the principles of:

- **Tika** – Honouring our families/whānau
- **Pono** – Working with integrity
- **Aroha** – Providing empathy and compassion
- **Tautoko** – Supporting students in a high quality learning environment
- **Manaaki** – Valuing families/whānau by providing high quality psychological services

The Centre aims to provide:

- Early intervention to prevent later problems
- Evidence based interventions – informed by sound research, which fits with recognised professional practice and tailored to individual family/whānau situations
- Strength based approaches that recognize child and parent abilities
- Skills parents need to confidently manage in the future.



Child and Family Psychology Services

Introduction to our Centre

The ‘Pukemanu – Dovedale Centre’ is run by the University of Canterbury’s Child and Family Psychology Programme. The Centre is located at the School of Health Sciences, off Dovedale Avenue in Ilam. Assessments and interventions are provided on a short-term basis for children and families/whānau not currently receiving support from other agencies, or who face long waiting lists for such services.

The Centre is managed by registered psychologists and operates as part of the professional training course for Master’s level students and above, who are currently undertaking advanced post-graduate training in Child and Family Psychology. Students will be involved with all Centre activities, working with our senior registered psychologists.



Our Services (Ngā miro)

We provide assistance for parents, whānau and caregivers concerned about their child’s behaviour, social and/or emotional development. We also offer practical assistance, parenting information, advice and support for parents of children from infancy through to high school age. This includes:

Triple P: Positive Parenting Programme

Evidence-based and internationally recognized family support strategies:

- Topic based workshops addressing common developmental concerns or specific behaviours (eg., managing fighting and aggression, sleeping problems, dealing with disobedience)
- Full length parenting courses (general parenting skills and positive child/parent relationship building).

One-on-one Family Consultations for:

- Worries about development or language delays
- Persistent crying, temper tantrums, not following instructions, aggression, hitting, biting
- Getting kids co-operating or difficulty with routines (eg., mealtime, bedtime, bath time)
- Trouble expressing feelings, withdrawal, social isolation, low self-esteem
- Common childhood fears, problems with separating
- Toileting problems, bedwetting.

Canterbury Sleep Programme

Established in 1981, this research programme investigates issues in sleep development and the prevention of sleep problems. Through the centre, parents can receive support for a broad range of sleep related issues (eg., bedtime refusal, settling problems, night-wakings, fears, co-sleeping).