



CHILD  
THERAPIST

DEBBIE ROWBERRY  
MOB 021 741887

## Emotion Regulation Therapy

Debbie Rowberry is an Emotion Focused Behavioural Therapist, specialising in Emotion Regulation Therapy and Emotion Regulation Education. With a Post Grad in Cognitive Behavioural Therapy and over 30 years experience in Emotion Mindfulness and Meditation, Debbie facilitates a range of programmes aimed at increasing Children's and Adults Emotion Resilience.

The Emotion Regulation Therapy Programme is unique in delivery, incorporating Emotion, Cognitive and Behavioural Therapies, as well as Emotion I.Q training and Positive Life Choices Coaching. The combination of these therapies and Coaching tools, assists Children and Youth to understand, recognise and regulate their Changing States of Being. Parental coaching is provided to upskill Parents on Conscious Parenting techniques and Schools are provided support material to cement in the new Emotion Management Plan.

The programme is typically 10 to 15, 1 hour sessions, held once a week.

Emotion Regulation Therapy assists Children with the following:

- Anxiety / Low Self Esteem / Depression
- Sensory Overload / Behavioural concerns relating to ADHD and ASD
- Foetal Alcohol exposure / Foster Child Needs / Exposure to Family Violence

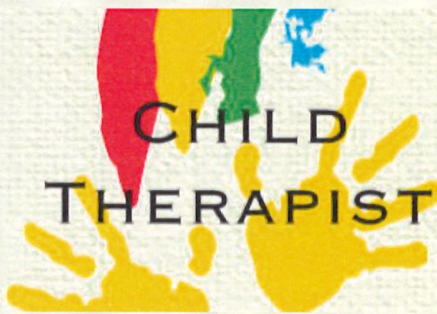
Debbie is based at 2 venues in Auckland, The Takapuna Hub and Willow Therapy Farm, a Nature Based Emotion Education Centre in Clevedon.

## Workshops and After School Programmes.

Debbie will be providing a range of Community Workshops and After School Programmes at the Takapuna Hub. For further information contact Debbie.

- After School Programmes for Teenagers.  
This includes Self Leadership and Anxiety Management for Exams Programmes
- Conscious Parenting Workshops – Parenting your Sensitive or Anxious Child.

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## Emotion Regulation Therapy

### Referral Application

Individual or Family Therapy

Assists in the following:

- Low Emotion I.Q or Emotion Resilience
- Disassociation.
- Non- Compliance
- Reactive Attachment Disorder Symptoms.
- Irrational Emotional Responses
- Anxiety – Depression - Anger
- Underdeveloped Emotion Regulation Skills
- Underdeveloped Social Skills
- Behavioural Disorders such as ADHD, ASD , ODD and CD
- Foetal Alcohol

Referral Agency: ..... Referral Date:.....

Referral Person: .....

Referral Person's Mob: ..... Email: .....

#### Prospective Participant:

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(Capital letters, please) (First Name) (Last Name)  
Home Address:

Date of Birth: ..... Age: ..... Gender: M / F

Reason for applying for the Emotion Regulation Therapy Programme

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Please email referral Application to Debbie at  
D.RowberryNZ@gmail.com

D.ROWBERRYNZ@GMAIL.COM  
WWW.CHILDBEHAVIOURIST.COM