



4+1 Good Enough Parenting

Good Enough Parenting combines insights from the Scriptures, credible research, and the Louises' experiences as counsellors and parents, with the wisdom of eight elders and their families to provide an inspirational, thorough, practical and well-reasoned guide for parents. This book introduces the Four Plus One Core Emotional Needs and explains why meeting them is absolutely crucial for raising emotionally healthy and spiritually minded children. Readers will also learn how to avoid "Exasperation Interactions" and the "Vortex of Conflict Escalation", as well as how to "Repair and Reconnect" with teenagers and adult children.

Research has shown that when core emotional needs are not met during the formative years of a child, "Lifetraps" (schemas) will develop. These core emotional needs are:

Connection & Acceptance
Healthy Autonomy & Performance
Reasonable Limits
Realistic Expectations
and the "Plus-One" need for
Spiritual Values & Community

While no one's parenting can ever be perfect, "Good Enough Parenting" offers a step-by-step guide on how parents can learn to meet these core emotional needs, and provide parenting that is "good-enough" to prevent Lifetraps from developing in their children. "Good Enough Parenting", a Christian parenting series, was developed by John and Karen Louise and is based on Schema Therapy founded by Dr. Jeffrey Young. This programme also make use of movie clips to illustrate principles and points in the movie.

For more info: www.gep.sg

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Date & Time

3rd August 2013 – (Sat: 3:00 - 7:00pm)

Session 1, 2 & 3: Introduction, Connection and Acceptance

***Inclusive of light refreshment (5:00 - 5:30pm)**

4th August 2013 – (Sun: 10:00am - 3:00pm)

Session 4 & 5: Healthy Autonomy and Performance

***Lunch provided (12:00 - 1:00pm)**

10th August 2013 – (Sat: 3:00 - 7:00pm)

Session 6 & 7: Reasonable Limit & Realistic Expectation

***Inclusive of light refreshment (5:00 - 5:30pm)**

11th August 2013 – (Sun: 10:00am - 3:00pm)

Session 8 & 9: Spiritual Value & Community / Repair & Reconnect

***Lunch provided (12:00 - 1:00pm)**

VENUE

KDU Auditorium

**KDU University College Jalan SS 22/41,
Damansara Jaya, 47400 Petaling Jaya, Selangor.**

REGISTRATION

RM100 per person / RM 120 per couple

(Inclusive of one GEP book worth RM100, lunch and light refreshments)

NAME _____

CONTACT _____

Event organised
and sponsored by



Event Partner



Event Partner
and licencing



Venue Sponsor

