

Debbie Rowberry is a Child and Adolescent, Emotion Focused Behavioural Therapist, specialising in assisting children with dysfunctional Emotion Regulation and high Behavioural or Emotional needs.



With a Post Grad in Cognitive Behavioural Therapy and over 30 years' experience in Emotion Mindfulness and Meditation, Debbie has developed a unique and practical, Emotion Regulation Therapy Programme for At Risk and High Needs Children .

Coming from an abused childhood herself, Debbie knows personally, that you may not be able to change the circumstances, but you can empower yourself inwardly to feel hope. Her programmes aim to bring hope and a greater sense of well-being to Vulnerable NZ Children. Proactive in the community Debbie also facilitates Early Intervention Emotion Education Programmes for schools. The Willow SEL programmes are free for decile 3 and under schools through the SWIS programme.

Upon researching that Nature Deficit was a leading cause of Anxiety and Depression in Children, Debbie sold her Family Home and purchased 54 acres in Clevedon . Willow Therapy Farm is a Nature Based Emotion Education and Wellness Centre providing a range of programmes to empower Children and their Families. Willow Therapy Farm also provides Therapeutic Based Holiday Programmes for NGO's and Respite Weekends for Foster Families



## Assisting With The Following

- Exposure to Family Violence
- Challenging Behaviour
- Anxiety , Stress
- Self- harming
- Depression
- Chromosome Disease
- ADHD , Autism
- Grief
- PTSD
- Neglect
- Foster Children's Needs

Contact Debbie for more information

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Willow Therapy Farm

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# Emotion Regulation Therapy



Assisting Children and Youth with High Emotional and Behavioural Needs

## Emotion Regulation Therapy Programmes for Children and their Families.

Scientific Research has determined that Child Specific – Emotion Focused CBT and Emotion Regulation Therapy, combined with Emotion Regulation Education is the most effective behavioural restructuring therapy for Children with Emotional or Behavioural needs.

Debbie has incorporated these findings, and developed a Culturally appropriate Emotion Regulation Therapy Programme for Vulnerable, At Risk and High Needs Children.

For Children with Heightened Anxiety, the programme identifies disturbed States of Being in key environments, such as school and at home, and coaches the Child on how to neutralise the disturbances within those environments.

For Children with Low Emotion Regulation, the programme addresses challenging behaviour and perceptions, and increases Emotion Regulation Skills.

The effectiveness of the programme is due to the implementation of purpose designed activities that have been developed over 30 years of Personal Practice. Debbie generates 'In the Moment' Emotion Learning providing Children with real life experiences to practice and 'buy into' the use of the Emotion Regulation Tools. This programme is Solutions Focused, addressing the complex needs of the client, with in-depth Pre and Post Therapy reports and the development of Client specific – Emotion/Behavioural Management Plans for Whanau and Schools. The programme includes Family Therapy if required. Debbie attends IEP, FGC and HCN meetings if possible, to provide Schools and Professionals with an understanding of the Child's specific needs and provide a voice for the Child.

### Horses Healing Kids Programme.

The 'Horses Healing Kids' Programme takes the Therapeutic Model that Debbie has developed and introduces Horses, Dogs and Nature to aide in the delivery of the Emotion Regulation Therapy. The programme is not Equine Therapy however. Equine Therapy is an Experiential Therapy with minimal involvement from the Therapist. Although Debbie has had training in Equine Therapy, she found that her Clients required a high Therapist input, Solutions Focused approach and so developed an Equine Assisted programme that met the needs of her Clients.



## Working with vulnerable Families within the family home.

Debbie developed and facilitated a Home Based pilot programme for NZ Police to address the cycle of Family Violence in Multi Generational Family Violence and Criminal Activity affected Families. Upon the success of the Pilot Study, She developed a Home Based, Therapeutic and Family Coaching Programme. The Programme helps to change the perception and coping strategies of Family Violence Affected Families. Caregivers learn how to diffuse confrontation and communicate effectively. The programme addresses specific areas of concern within the Family dynamics, and is both practical and Therapeutic in orientation.

### Helping Foster Children integrate into Foster Homes

Over the years of providing intensive therapy programmes for vulnerable children, Debbie has identified that insufficient support into new Foster Home placements has been a key aspect in Emotional and Behavioural disturbances. Historic trauma around displacement and placements can surface at any time, resulting in further disturbances. Debbie has developed a number of Foster Family Programmes, ranging from Foster family Fun days to assist in introducing children into new placements, and more intensive programmes to address trauma. Weekend Camping Programmes offering Respite for Foster Families is also available during summer.

### Social and Emotional Learning Programmes for Schools

In 2010 Debbie developed and facilitated Early Intervention Pilot Programmes within Schools to address the complex needs of vulnerable Children. As a result of the successful Pilot Programmes, Debbie developed a range of Social and Emotional Learning Programmes aimed at increasing Emotion Resilience, Self Esteem and School Engagement. Debbie provides In-School programmes for schools, addressing anti-bullying, anxiety and Self Leadership, as well as running Nature Based Social and Emotional Learning Programmes at Willow Therapy Farm.

### Alternative Education venue for At Risk Children

Please contact Debbie for further information regarding this service.

## Testimonials

*"Debbie has been working in our school for approximately the last 7 weeks.*

*In this short time she has had a major positive impact on several of our current and one of our former pupils. The staff and students at our school have noticed a positive shift in the behaviour and general social well being of the students that Debbie has been involved with. These at risk students have a range of social and emotional and behavioural needs.*

*Debbie has developed a range of programmes to cater for their diverse needs.'*

*Richard Arthurs  
Assistant Principal  
Manurewa East School*

*"I have been working with Debbie Rowberry, Child Behaviour Therapist, with two of my families. I have been extremely impressed with the knowledge and skills Debbie has, and the work she does with young people and their families, and have witnessed some very positive outcomes for my two families."*

*Pamela Millen  
Child Case Manager  
Manurewa Police Youth Development Team*

*"I am a Child and Family Therapist based at Whirinaki. In my professional capacity as a therapist I have known Debbie Rowberry, a behavioural therapist since 2011. Debbie's approach is novel and specialised. Clients have made considerable progress due to Debbie's therapeutic work."*

*Annelise Heslin  
Child and Family Therapist  
Whirinaki*