

Fees

The cost of the Thinking Smart Programme is \$1800 + gst.

Contacts

For more information about the Thinking Smart Programme, please contact either the manager or one of the Pacific Island Family service facilitators listed below.

About us

- We are the Pacific Service of ATWC who specialise in providing Pacific interventions and treatment.
- We are able to provide services in different Pacific languages.
- We are all qualified and trained in both facilitation and therapeutic work.

Confidentiality

Confidentiality is maintained. The exception is when there is some risk to either the client or others. This would be discussed with the client.

For further information please contact:



ATWC
"Putting Families First"

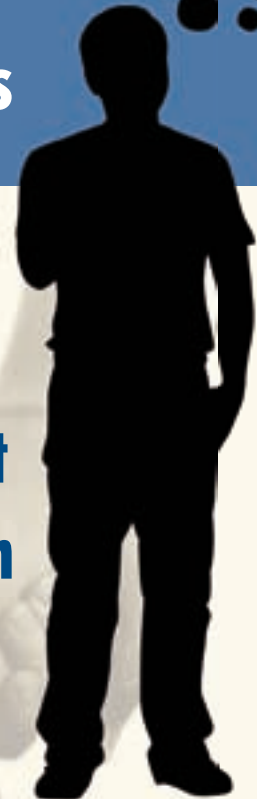
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ATWC
"Putting Families First"

**Pacific Island
Family Services**

**Thinking Smart
Group Program**



Providing services for the greater good Auckland community since 1858



What is thinking smart?

The 'Thinking Smart' Programme is a psycho-educative programme and aims to increase participants awareness of how anger affects both the individual and those around you.

The idea behind the concept of 'Thinking Smart' was created to help direct and guide young Pacific males, in how they can better manage their anger.

'Thinking Smart' is specifically designed to reach Pacific young males and utilises Pacific approaches and interventions.

'Thinking Smart' aims to help encourage young Pacific males to think smart when it comes to anger and provides them with alternatives,

strategies and tools to cope with presenting anger issues. Ultimately, students will learn and gain new ways of coping with anger as a participant on the "Thinking Smart" programme.

The Concept

The concept of a vehicle/car is adopted as a Pacific model of practice. This model has been designed to help illustrate the importance of who the driver is, who is in control, and what destination is being pursued.

Every aspect of the car has been given a particular role within the programme to explore and understand how to better cope with anger.

The Goal

The goal for "Thinking Smart" is simply to help Pacific young males make the right decisions and to act accordingly without bringing harm to themselves and those around them.

They will be better equipped to cope with anger issues and will be able to self-monitor

and manage with the tools gained from attending the 'Thinking Smart' programme.

Timeline of the programme

The "Thinking Smart" programme is run over a course of 8 sessions and is delivered in schools on a timeframe of eight consecutive weeks.

Students will receive a workbook to record and collate each session and store handouts. They will be able to keep this workbook as a resource.

After the eighth week, there is a graduation and each participant will receive a certificate of achievement.

An additional two weeks is added to follow up on the progress of the participants and to assess their efforts.

The programme facilitators are able to identify any individuals on the programme who may require a more therapeutic programme in the form of one-to-one counselling.

