

Carer Wellbeing

The links in this factsheet are based on the carer wellbeing podcast episode.

Treatment Programs

Stepping Stones Triple P

A popular parent training program in Australia is the Stepping Stones. Stepping Stones is part of the Triple P – Positive Parenting Program but is specifically designed for parents of children with disability.

Circle of Security (CoS) - Australian Institute of Family Studies

Circle of Security is a program designed to enhance attachment relationships between parents/carers and their children. It is based on the idea that promotion of secure attachment relationships in childhood leads to better outcomes later in life.

Westmead Feelings Program

The Westmead Feelings program is designed for autistic young people with or without mild intellectual disability. The program teaches young people about emotional understanding and social awareness. The program also includes skills training for parents and teachers.

Parent Child Interaction Therapy (PCIT)

PCIT is a specialized, evidence-based treatment program designed for parents and their young children who are experiencing behavioural and/or emotional difficulties.

Select here for a list of [Certified PCIT Therapists in Australia](#)