

## Other Clinical Services

### INDIVIDUAL COACHING

Aimed at facilitating psychological or emotional growth, for example, identifying your Career and Professional Development. Are you best suited for the job that you have? How can you improve? What is your best area of expertise?

These services include:

- Goal Setting and Personal Development
- Career Guidance
- Motivation Programmes

### TRANSITIONAL COUNSELLING

#### Residential Youth

Transitional counselling engages youth who belong to residential homes and creates a system of support around enabling them to manage and thrive in the changing environments.

#### Life Transitions

Centred specifically in terms of major changes in the lives of youth such as exams, migration and relationships, this aspect of transitional counselling seeks to provide a structure for the client to develop coping mechanisms as well as understand the facets of change.

### CLINICAL CONSULTATION

Clinical Consultation allows the organisation/individual clinician discussions around casework, which are often complex, and can serve to highlight a myriad of layers involved in an intervention. Systemic methodology will compliment case management aimed at supporting practice outcomes, which see the client work towards addressing the issues of concern.

## About Us

The Centre for Human Development Limited (TCHD) was developed to meet the Social Service, Psychological, Counselling and Training & Development needs for the people of Trinidad & Tobago, regionally and internationally. Our work is defined by our ability to respond to the many needs of the most vulnerable among us. The families we serve have complex needs, communities need to strive and develop and the training needs are wide. TCHD will continue to evolve to ensure that we continue Strengthening Families, Building Communities and Developing Minds.



## The Centre For Human Development Limited

*Strengthening Families.  
Building Communities.  
Developing Minds.*



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A MEMBER OF THE  
TCHD GROUP OF COMPANIES LIMITED

*Family and  
Individual Services*



## Family & Individual Services

### FAMILY & INDIVIDUAL COUNSELLING/THERAPY (IN-HOME & OFFICE)

In today's world, our families are faced with many stressors; including financial stress, marital stress, sexual stress, behavioural stress etc. TCHD's treatment is geared towards restoring a level of balance to family life, using innovative Solution Focused methodologies.

### CHILD, YOUTH & ADOLESCENT INDIVIDUAL COUNSELLING/THERAPY

Many times, our children are faced with challenging situations that affect their ability to cope with and to lead a healthy quality of life. Using youth friendly and age appropriate treatment modalities, TCHD helps to restore children and adolescents to normal functioning levels, while helping their parents and/or guardians learn ways to manage the different behaviours displayed.

### GROUP COUNSELLING/THERAPY

Goal-directed activity offered to small treatment groups aimed at meeting socio-emotional, organisational and personal needs to accomplish tasks. Goal-directed activity has many purposes; it aims to support or educate members, helps them socialise and achieve personal growth, and provides treatment for their problems or concerns.

- Addictions and other Substance Abuse Issues
- Family and Parenting Issues
- Marital and Relationship Issues
- Domestic Violence Issues
- Professional Development
- Aggression and other Mental Health Issues
- Child Abuse Issues (physical, sexual, emotional etc.)
- Gay, Bi, Lesbian, Transgender – Questioning (GBLT-Q)



Strengthening Families

### FAMILY TEAM CONFERENCING - FTC

Effective intervention requires a synergy amongst professionals who interact with the emotionally or behaviourally disturbed child. Additionally, FTC is a gathering of family members, friends, faith community and professionals who join together to jointly develop individualised plans to strengthen family capacity, to assure safety, stability and permanency and to build natural supports that will sustain the family over time.

### MEDIATION AND CONFLICT RESOLUTION

Conflict is a normal part of any healthy relationship. Learning how to deal with conflict – rather than avoiding it – is crucial. Mismanaged conflicts can be harmful to professional and personal relationships, not to mention the time and energy spent on non-productive time. Learning these skills can keep your personal and professional relationships strong and keep the focus on the matters of importance.

The mediation process encourages respectful dialogue and problem solving techniques. Facilitated by a trained professional, each side tells their story, is kept on track, remains positive and productive with each party leaving satisfied.

## Trauma Intervention System (TIS)

### SPECIALIZATION TREATMENT - TRAUMA TREATMENT FOR CHILDREN & ADOLESCENTS

Our children, adolescents and families face many severe traumatic events in their everyday lives. Some of these traumatic events can take the form of school violence and bullying, community violence, domestic violence, physical and sexual abuse. These traumatic events, in most cases, go unrecognised and untreated, which can result in rippling negative life events. We are committed to providing trauma informed specialised treatment for children, adolescents and their families using the latest trauma informed treatment - Trauma System Therapy (TST)

- Home Intervention
- School and Community Intervention
- Criminal/Juvenile Justice system Intervention

### TRAUMATIC INCIDENT REDUCTION (TIR)

TIR is a rapid method (in comparison to traditional therapy) of effectively reducing traumatic stress from emotionally and/or physically painful events in the past. It involves re-experiencing past traumatic incidents in a completely safe environment, free of distractions, judgments, or interpretations.

## Psychological Testing

Psychological testing is a comprehensive assessment of a person's cognitive and emotional functioning across different aspects of their life. The following specific challenges can be addressed through the assessment process:

- **Child/Adolescent** - Depression, Anxiety, Oppositional Defiant Disorder, Attention Deficit Hyperactivity Disorder, Conduct Disorder and Traumatic Incidences.
- **Adult** - Depression, Anxiety, Stress, Personality, and Traumatic Incidences

We will be concentrating on two major areas:

- **Psycho-Educational Assessment** - examines the achievement and ability of the individual.
- **Psychological Assessment** - on the other hand examines personality and behavioural characteristics of the participant.
- **Diagnostic Tests:**  
An in-depth evaluation aimed at identification of a specific condition or challenge. These include:
  - Measuring Intelligence,
  - Assessing Achievement
  - Identifying Visuo-Spatial Awareness
- **Developmental Tests:**  
Parents are sometimes unaware of the challenges that can be posed to a child in terms of development and growth. Neurodevelopmental disorders such as Autism Spectrum Disorder need to be clinically assessed to provide appropriate treatment.



Developing Minds

Building Communities