

New workshop helping mothers

'A new workshop to help women enjoy the experience of motherhood has received an overwhelming response', says Melbourne Psychologist and mother of three Betty Chetcuti.

'Being a mother can be so difficult and stressful yet so little is done to prepare us or help us cope with the constant challenges. I've developed this workshop to help other women and the outcomes have far exceeded my expectations,' said Betty.

The Being a Mother workshop offers a model for change to help mothers to enjoy their experience of motherhood by managing their anger, guilt, anxiety and depression. Most importantly this workshop provides a forum for mothers to discuss issues that are often just not talked about in social situations.

'We only have our children for such a short time and many of us find that despite our love for them, we still shout and get upset and angry. This workshop is about creating happier mothers. Our communities are so reliant on effective parenting keeping families together. If the mother falls apart, often the whole family disintegrates

'I want to help as many mothers as I can. This is a rare opportunity for mothers to access some professional development. One of the main benefits of the Being a Mother workshop is that it gives time away from the children to think and act. One of the participants called the workshop her training day.

'It was developed partly because my own experience of being a mother helped me identify a real unmet need for ways to make life with children more enjoyable. The model is backed up by all the research into the relationships between mothers and children from La Trobe University and numerous other studies.

'In adopting the principles I promote in the workshop I have seen how my own relationship with my children and partner has grown and am thrilled that I have been able to share these techniques with other mums participating in the workshop.'

One beneficiary of the Being a Mother workshop is mother of six year old twins, Katrina Bowman. 'I was drawn to Betty's program because it offered a model for change. My journey to mothering twins has been an emotional one and I was struck by my feelings of anger, ambivalence and dissatisfaction. The skills I learned at the workshop have helped me reduce and calm my anger and begin to truly enjoy motherhood,' said Katrina.

'I don't want the mothers that come to the workshop to think they have a problem...there's something great about every mother that comes because they are really committed to their children and want to have a great experience with their kids,' said Betty. 'We have a lot of fun at the workshop, as well as generate real changes.'

Workshops are run either as a full day program on a weekend or as two hour sessions over four weeks. For more information contact Betty Chetcuti:

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Both Betty and Katrina have extremely photographic children who can be available for photos.