

***“The experience of being a mother:
I never thought it would be like this!”***

My name is Betty Chetcuti, a Psychologist in private practice and Full Time Mother of two young children. I am writing to you about an evidence based program for mothers that covers issues such as identity change, marital relationship changes, personality of the child, and how they impact the experience of being a mother. An analysis (using rational emotive behavioural therapy- or REBT) of the main thoughts mothers say to themselves that lead to the common feelings of guilt, anger, depression, & anxiety is a fundamental aspect of the program. This program is based on the latest research from the University of Melbourne, and the Centre for the Study of Mothers’ and Children’s Health at La Trobe University.

The program focus is to:

A) explore the experience of being a mother, with the aims of (i) individual expression being met - lots of mums don't get to speak about their experiences. (ii) group validation / sharing of similar experiences
B) (i) use REBT to assist mothers to identify the unhelpful thinking patterns and how to reduce the severity, intensity and duration of their reactions and how to increase the desired behaviours/ feelings/ thoughts in relation to being a mother.

I am strongly committed to mums being able to come down from strong feelings of guilt and anger, depression and anxiety to better manage the everyday events of raising children, to enjoy this time of their life better, to contribute a rational way of dealing with life’s upsets to their children, and to create memories more aligned to their expected version of being a mum.

I also have a long term program of follow-up groups. In addition, I have been a regular guest presenter on a local radio station with a view to establishing a talk-back program so mums can hear the conversations whilst they are doing the domestics, at work, breastfeeding, or one of the other many things we do as mums. I have plans for a video, a book, a PhD....all whilst being a mum of three young children! This program is effective, comprehensive, generalizable, and has longevity. The latest research from The University of Melbourne continues to show that participants involved in this type of program get better at follow-up due to repeated practice with identifying unhelpful thinking and creating helpful thoughts.

The feedback so far is inspiring and deeply satisfying – mums love the program, and it works in their day to day lives. My own mothering style is also a testament to the validity of this program as both myself and my children have experienced greater calm and more enjoyment since I have put my preaching into practice!

I would be delighted to provide a presentation of the program, a telephone chat, or can be contacted via email, as suits. Looking forward to hearing from you with a view to contributing a complimentary professional service to your practice. (I also work as a Psychologist in my own private practice).

Regards

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