

## Dr Sophie Havighurst

Ph.D. (University of Melbourne, 2003)

Dip. Clin. Psych. (University of Canterbury, NZ, 1998)

### Lecturer

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### Other Appointments

- Child Clinical Psychologist, Melbourne Children's Court Clinic
- Honorary Staff Member, Austin Child and Adolescent Mental Health Service (CAMHS)

### Research Areas

- Emotion Regulation in Children with Behaviour Problems
- Parental Socialisation of Children's Emotional Competence
- Emotion-focused Parenting Interventions for Preventing Emotional and Behaviour Difficulties in Children

### Current Research Projects

- *Tuning in to Kids*: Emotionally Intelligent Parenting Program
  - Prevention trial for preschool children
  - Early intervention for children with behaviour problems
- *Tuning in to Teens*: A parenting intervention targeting preadolescents' emotional competence
- Preventing conduct disorders: The Austin and Bendigo CASEA evaluation of an early intervention service for children with behaviour problems

### Teaching Areas

- Child and Adolescent Development
- Child Clinical Psychology

- Parenting Interventions
- Clinical Assessment and Formulation

## Brief Profile

Dr Havighurst was born and raised in Christchurch, New Zealand. She trained and worked as a Clinical Psychologist in Christchurch, before moving to Melbourne to carry out her PhD (1999-2003). Her PhD examined emotional competence in children with behaviour problems and how parenting impacts on this aspect of child development. Extending from this research, and in collaboration with Ann Harley, a parent educator, she developed a parenting program that aimed to improve preschool children's emotional competence by teaching parents emotion coaching skills. Following a pilot test of this program and further modifications, the program was named *Tuning in to Kids* and a randomised controlled trial (RCT) of the program was undertaken (2006-2008). Dr Havighurst is the Principal Investigator on the *Tuning in to Kids* program. She is also involved in the *Tuning in to Teens* program, an extension on the preschool program for parents of pre-adolescents – which has been pilot tested and is now being evaluated in an RCT. She is also involved in a research trial of *Tuning in to Kids* with parents of children with challenging behaviours – in a partnership with Austin and Bendigo Child and Adolescent Mental Health Services.

Dr Havighurst teaches and coordinates the Developmental Psychiatry Course, the Graduate Diploma in Child Adolescent and Family Therapies course, and other training courses. She provides CBT supervision to training child and adolescent psychiatrists and research supervision to thesis students. She is a Full Member of the Australian Psychological Society and the College of Clinical Psychologists. She works as a Child Clinical Psychologist at the Melbourne Children's Court Clinic where she sees families with care and protective concerns, and adolescents who are criminally offending. She has a small private practice.

Dr Havighurst and Ann Harley offer training of professionals in the Tuning in to Kids parenting program.

## Recent Publications

### Books

Havighurst, S. S., & Harley, A. (2007). *Tuning in to Kids: Emotionally Intelligent Parenting Program Manual*. Melbourne: University of Melbourne.

Havighurst, S.S. & Ricardo, G. (2007). *When Lester Lost His Cool*. 2<sup>nd</sup> Edition. Melbourne: University of Melbourne.

### Papers

Havighurst, S.S. & Downey, L. (under review). Clinical reasoning for child and adolescent mental health practitioners: The Mindful formulation. *Child Clinical Psychology and Psychiatry*.

Havighurst, S.S., Wilson, K.R., Harley, A., Prior, M., & Sanson, A. (in preparation) Tuning in to Kids: Preliminary data from an emotion-focused parenting program. *Journal of Community Psychology*.

Havighurst, S.S., Pizarro, E., Kehoe, C., Harley, A., & Hedges, M. (in preparation). Preventing mental health problems in adolescents: Investigating the feasibility and impact of a parenting program targeting pre-adolescents' emotional competence. *Journal of Primary Prevention*.

- Havighurst, S.S., Wilson, K.R., Kehoe, C., Prior, M., & Sanson, A. (in preparation). Parent emotion functioning and their responses to their children's emotions. *Parenting: Science and Practice*.
- Kehoe, C., & Havighurst, S. S. (in preparation). Parents' emotion-related practices, mental health and relation to pre-adolescent somatic complaints. *Journal of Child Psychology & Psychiatry*.
- Ho, A., Havighurst, S.S., & Wilson, K.R. (in preparation). Screen time and preschool children's behaviour problems. *Journal of Paediatrics and Child Health*.
- Havighurst, S. S., Harley, A., & Prior, M. (2004). Building preschool children's emotional competence: A parenting program. *Early Education and Development*, 15(4), 423-448

### Chapters and Mongraphs

- Havighurst, S.S. (2003). Improving children's emotional competence: Parenting interventions. In S. A. Denham, and R. Burton (Ed.s), *Social and emotional prevention and intervention programming for preschoolers*. New York: Kluwer Academic/Plenum Publishers.

### Abstracts, Conference Proceedings and Others

- Havighurst, S. S. (2008, May). Can we help parents teach their children emotional competence? Keynote address at PATHS International Conference. Harrisburg, PA.
- Havighurst, S. S., Wilson, K. R., Banks, R. L., & Hasen, G. (2007, September). *Tuning in to Kids: A parenting program that targets preschool children's emotional competence*. Paper presented at the Australian Psychological Society Annual Conference, Brisbane.
- Havighurst, S. S. (2007, September). *"Tuning in to Teens": An emotion-focussed parenting intervention for pre-adolescents*. Paper presented at the Australian Psychological Society Annual Conference, Brisbane.
- Havighurst, S. S., Prior, M., Wilson, K., Harley, A., Sanson, A., & Efron, D. (2007, June). *Tuning in to Kids: A parent and teacher intervention for promoting preschoolers' emotional competence and reducing behavior problems*. Paper presented at the Society for Prevention Research Conference, Washington D.C.
- Havighurst, S. S., Prior, M., Sanson, A., & Efron, D. (2006, June). *Building preschoolers emotional competence: Evaluating an early intervention for children with behaviour problems*. Paper presented at the Society for Prevention Research, San Antonio, TX.
- Havighurst, S.S., Harley, A., & Prior, M. (May, 2004). *Promoting preschoolers' emotional competence: Parenting interventions for children with behavioural difficulties*. Poster presented at Society for Prevention Research Conference, Quebec City.
- Havighurst, S.S. (2003). *Shaping emotional competence in preschoolers with behaviour problems*. Unpublished PhD thesis. Department of Psychology, University of Melbourne.
- Havighurst, S.S. (2002). *Essential Parenting: Raising Emotionally Intelligent Children. The Evaluation of a Program for Parents of Preschoolers*. Melbourne: Victorian Parenting Centre.
- Havighurst, S.S., Prior, M., Sanson, A., & Efron, D. (August, 2002). *Shaping preschool children's emotion regulation: The role of parenting and it's relation to children's behaviour problems*. Paper presented at the International Society for the Study of Behaviour Development, Ottawa, Canada.
- Havighurst, S.S., Harley, A., Littlefield, L., Prior, M., & Gavidia-Payne, S. (August, 2002). *Shaping preschool children's emotion regulation: A parenting program*. Paper presented at the International Society for the Study of Behaviour Development, Ottawa, Canada.
- Havighurst, S.S., Prior, M., Sanson, A., & Efron, D. (July, 2002). *The role of emotion regulation in the development of antisocial behaviour: A study of preschool children*. Paper presented at the International Society for Research on Aggression, Montreal, Canada.

- Havighurst, S.S., & Harley, A. (March, 2002). *Essential parenting: Raising emotionally intelligent children*. Paper presented at Tweedle Maternal Child Health Conference, Melbourne.
- Havighurst, S. S., & Harley, A. (2001). *Essential Parenting: Raising Emotionally Intelligent Children*: Unpublished Program Manual, Victorian Parenting Centre.
- Havighurst, S.S., Prior, M., & Sanson, A. (Feb, 2001). *Emotion regulation and emotional skills in preschool children: Factors promoting risk and resilience*. Paper presented at Helping Families Change Conference, Melbourne.