



TREATING THE VICTIMS OF SCHOOL BULLYING:

DEVELOPING SOCIAL AND EMOTIONAL RESILIENCE



A Professional Development Workshop for Mental Health professionals and Teachers

This is an Australian Psychological Society Endorsed Activity (7 CPD Hours)

By Evelyn Field, Psychologist & Author.

Overview:

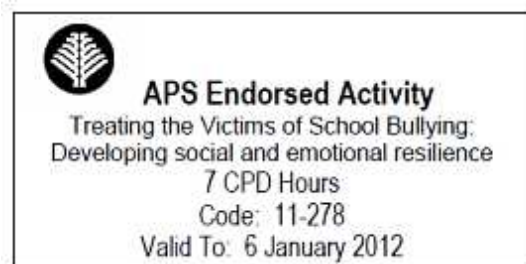
In this full day workshop **Evelyn Field** will share her experiences and provide participants with a basis for understanding bullying and its causes and how to apply her six-step model. She will discuss the short and long term injuries for both victims and bullies; will examine the responsibilities of home and school and how developing social and emotional resilience is an essential skill which empowers people to relate and deal with bullying at school.

The remainder of the workshop will focus on the treatment process, from the initial interview through to subsequent interactions with the child and parent and the treatment goals, including how the assessment of the child's injuries and destructive thought patterns leads to working on the selection of appropriate social survival skills for the child. Evelyn will also introduce some methods to help the child identify and change inadequate communication skills and develop bully blocking® techniques.

Topics covered in the workshop:

- Bullying Blocking at School
- The role of the School
- 'Secrets of Relating' - social survival skills for targets, bullies, peers and adults
- Role of the Counsellor

(for full program outline see below)



Presenter:

Evelyn M. Field is a practising psychologist, professional speaker, an APS Fellow and a member of the APS College of Counselling Psychologists, recognised for her expertise in working with young people and adults who have been bullied or victimised. Evelyn has developed a simple six-step model to help them deal with the consequences of bullying and acquire techniques to protect themselves for the future. She is the author of two bestselling books, *Bully Busting* and *Bully Blocking* (2007) now in five languages. Her next *Book Bully Blocking at Work* is being released in March by AustralianAcademicPress. She specialises in understanding school and workplace bullying and helping those affected by it as well as encouraging organizations to respect their students/employees and the latter to develop resilience in dealing with difficult people. The core of her work is her social survival skills model.

Treating the Victims of School Bullying: Developing social and emotional resilience

Details

This is an Australian Psychological Society Endorsed Activity (7 CPD Hours)

Date:

Friday 12th August 2011
9.00 am to 5.00 pm (8.30 am registration)

Venue:

Darebin Arts & Entertainment Centre (Acacia Room)
Cnr. Bell Street & St. Georges Road, Preston

Program Outline:

Session 1: Bullying Blocking at School

- General introduction
- Description
- Causes
- Injuries (short and long term)
- Legal implications

Session 2: The role of the School

- Whole school approach
- Prevention, protocols, programs, procedures
- Dispute resolution

Session 3: 'Secrets of Relating' social survival skills for targets, bullies, peers and adults

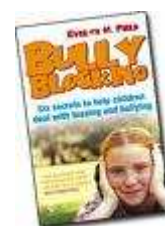
1. Regulate your Feelings – stress and anger management
2. Understand the Reasons – to understand and regain power
3. Build Self-esteem – survive and thrive
4. Utilise Effective Communication Skills – verbal and non-verbal
5. Build a Power Pack – deal with teasing and other difficult encounters
6. Develop a Support Network – improve social connections and friendships

Session 4: Role of the Counsellor

- Transference
- Treatment process
- Initial interview
- Skills training
- Role of parents
- Goals of completion
- Subsequent sessions
- Use of aids
- Consultation with others

Additional Details:

- A free copy of Bully Blocking: Six secrets to help children deal with teasing And bullying – RRP \$26.95
- Notebook
- Full catering will be provided, starting with tea and coffee on arrival



Cost:

- Standard Cost: \$330.00
 - Early Bird Price \$295.00 – payments for EBP must be received by 12th July
 - ADAVIC Member \$295.00
- (*ADAVIC does not charge GST)

Bookings:

- Limited to **50** mental health professionals
- Bookings close Tuesday the 2nd August 2011

Bookings through ADAVIC via:

- Our online store <http://www.adavic.org.au/product-view.aspx?id=116>
- For a registration form see bottom of document:

Enquiries through:

Phone: (03) 9853 8089

Email: adavic@adavic.org.au

Proceeds from this event help to maintain ADAVIC services

ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression

PAYMENT/REGISTRATION FORM

I would like to register for the **Professional Development Workshop ‘Treating the Victims of School Bullying’** - to be held on Friday, 12th August 2011

NAME: _____

NAME OF ORGANISATION REPRESENTING: _____

EMAIL: _____

ADDRESS: _____ POSTCODE _____

CONTACT NUMBER (1) _____ (2) _____

How did you hear about the program? _____

DIETARY RESTRICTIONS: (Please tick relevant box)

- Vegetarian No Red Meat Gluten Free Other (specify) _____
- No dietary restrictions

PAYMENT AMOUNT (please tick):

- \$330.00 - Standard Cost (\$336.43)*credit surcharge fee
- \$295.00 - Early Bird Price and ADAVIC Members (\$300.75)*credit surcharge fee
(NOTE: payments for Early Bird should be made by 12th July 2011)

A 20% ADMINISTRATION FEE WILL APPLY FOR REFUNDS REQUESTED BEFORE TUESDAY 29th JULY 2011. NO REFUNDS WILL BE ISSUED AFTER THIS DATE.

PLEASE FIND ENCLOSED MY:

- Credit Card Details
- Cheque / Money Order (Made out to *Anxiety Disorders Association of Victoria*)

CREDIT CARD DETAILS:

Name on Card: _____

Credit Card Type: Visa MasterCard

Credit Card No:

CVV Number ___ ___ (last three digits on the back of your credit card)

Expiry Date: ___ / ___

Amount: \$ _____ [NOTE: All credit card payments attract a **1.95% surcharge fee**]

Signature:

RETURN TO:



- Please return this Payment Form via email to adavic@adavic.org.au
- Or post to **ADAVIC**, PO Box 625, Kew, VIC 3101.

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Web Form

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