Building Resilience in Teenagers

Last Month Ian Shochet gave a public lecture entitled “Building Resilience to Prevent Depression in Teenagers.”

If you are interested in hearing it you will find it, together with the accompanying Powerpoint Presentation, on the QUT School of Psychology Website;


You will find it on the bottom left of the page under News and Events.

Wishes you all the Best Over the Festive Season and a Very Happy and productive 2007.

Many of you will have come across, Kyran Hynes, our new and very efficient Administration Officer. We would like to take this opportunity to formally welcome her to the RAP Team.
A NEW PROGRAM;

Promoting Adult Resilience (PAR) Program

Organisations increasingly recognise the vital importance of work-life balance and emotional well-being for their employees. PAR is a workplace program that has been created to promote adult resilience to foster wellbeing. The program aims to enhance positive coping resources to deal more effectively with everyday stressors and challengers. The main goals of PAR are to:

- increase positive mental health, well-being and work-life integration for adults in the workplace
- improve stress management skills
- promote positive coping skills (e.g. positive self talk)
- improve communication and relationship skills

Overall, PAR aims to increase an individual’s sense of well-being in both the workplace and in life in general.

PAR participants offered many examples of how they have put the skills learnt from the program in practice including:

“Challenging my negative thoughts has helped me in dealing with situations out of work – I have realised that I was constantly falling into negative thought traps so now I see things in a more positive way”

“Using deep breathing to calm myself before important meetings”

“I have stopped procrastinating and started to write up something that was long overdue”

“Increased focus on the family time and better planning for time out activities and holidays”

PAR was developed with the assistance of a grant from the Australian Rotary Health Fund.

The PAR Team consists of:

- Associate Professor Ian Shochet
- Dr. Poppy Liossis
- Dr. Maria Donald
- Dr. Bert Biggs
- Astrid Wurfl
- Rebecca Hoge
- Prue Millear

Resilience does not require rare or special qualities, rather this ‘ordinary magic’ is in the minds, brains and bodies of all of us. (Masten, 2001).

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Statistical analyses were conducted to examine the impact of the PAR program on a range of measures taken before and after the program. The PAR participants were examined in relation to a comparison group that did not receive the program and simply completed the measures over the same time span. Overall, the analyses revealed a significant difference between the two groups indicating that the PAR program had a positive impact on the participants. Specifically, the PAR group reported decreased levels of stress and depression, increased levels of coping self-efficacy, and a higher satisfaction with the balance between work and personal life.

These results can be seen in the following graphs.
We Want to Hear From You!!!

Do you have any tips for implementing RAP?

How did you get your school staff interested in RAP?

What changes have you made to RAP to suit your population group?

What success have you had in “whole school” implementation?

What ideas have you got on recruiting parents for RAP-P?

What questions do you have regarding RAP?

We want your input for the next newsletter.

Email or fax your stories and questions.