

RAP NEWSLETTER



Volume 10

February 2013

Happy New Year! We trust that your year has gotten off to a good start. Hope you enjoy a summary of some of the things the RAP team got up to in 2012.

RAP Training in Seoul South Korea

Special Points of Interest:

- **RAP in Korea**
- **Building Resilience in Young Carers**
- **Resilience for Psychologists and their Clients.**

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Ian Shochet and Astrid Wurfl were privileged to have been invited by Professor Hyeon Woo Wim and Professor Kang-Sook Lee from The Department of Preventive Medicine at the Catholic University of Korea and Dr Myung Soo Lee from the Seoul Child and Adolescent Mental Health Centre to run some RAP-A training for practitioners in Seoul.



This invitation followed a visit to Brisbane for RAP training from Assistant

Professor Sun-Jin Jo from the Catholic University. She took the program back to Korea, and after discussions with her team, sought our permission to translate the Group Leader Manual and Participant Workbook.

After running a successful pilot with a small group of adolescents, we were approached to run some training for key professionals from a number of schools and mental health organisations in Seoul.



We trained a total of 28 professionals including doctors, psychologists, social workers, mental health professionals and teachers to facilitate the RAP-A Program. With the assistance of two very able interpreters we ran the training over a day and a half.

The training was very well organised by Ms Yoon and her enthusiastic team from the Seoul Child and Adolescent Mental Health Centre. The training was very well received and enjoyed by all participants. We look forward to participating in the next phase of RAP-A in Korea.



Building Resilience in Young Carers

The RAP team from QUT, together with Carers Queensland, were awarded a QUT Community Engagement grant to enhance the psychological resilience and build the coping strategies of young carers in the Brisbane area.

With this grant we ran a three day camp for young carers with the aims of; building psychological resilience via implementation of the Resourceful Adolescent Program (RAP-A); begin building a support network for participants; and providing respite for young carers.

The camp was held in the April school holidays and included 15 male and female carers, 12 to 14 years of age. All 11 sessions of RAP-A were run over the 3 days, interspersed with many fun activities. Camp got off to a great start with a fun and interactive drumming workshop. Other activities included swimming, screen printing, movies and a circus workshop.



Careful evaluation of quantitative and qualitative data collected from participants reveal that the project was a great success. Young carers who participated in the project reported enjoying the camp (despite having to “work hard” in the school holidays!) and many were able to identify ways in

which they benefited from the program.



Rapport was easily established with the young carers and they engaged well with the material that was presented. Following the camp, all participants were able to give an example of when they had used skills they learnt during their participation in RAP. Participant comments following the camp included:

“I enjoyed it a lot. It was one of the best camps I've gone on, even though it was sort of learning as well.”

“(I liked) meeting new people and knowing that people the same age as you might have the same problems.”

“Camp was great. The surroundings and the way it was all set up. It was wonderful and I had a great time. All in general it was just great.”

“I remember everything. I've got the pig that they gave me in a bag to help me remember all the things... (especially the) keeping calm bricks cos I tend to lose it.”

“I remember that when you're arguing, it's good to think about the other person's side.”

“We had to think of ways of using our strengths and stuff and like thinking of other people and their sort of point of view.”

“I liked that we could all come together and share our differences and work together as a group.”

“I enjoyed it a lot. It was one of the best camps I've gone on, even though it was sort of learning as well.”

The research conducted as a part of this project will also hopefully benefit more young carers in the future, by drawing attention to the difficulties they face in their role as young carers, and also highlighting the positive influence that psychological interventions can have on this population.

This project also allowed the development of a prototype for a camp format of RAP-A, which may be used in the future to target other potentially at-risk adolescent groups. A camp format was seen to have many advantages over other methods of implementing RAP-A. For example, rapport was easy to establish in a fun camp setting and the language used throughout the program was able to be infused throughout



the camp, outside of the RAP-A sessions. Further, participants were able to fully engage with the material while building relationships with other young carers and staff members, thus creating a supportive environment for learning to occur.

Thanks to the Young Carers Project Coordinator at the time, Lelia Marie, for her support of this project.

Anyone interested in seeing our 3 day camp outline, please contact Astrid at a.wurfl@gut.edu.au



Resilience for You and Your Clients

Graham Parry from the Hunter New England Local Health District approached us about some resilience workshops for Psychologists working in rural areas. He was part of a team awarded a grant from the NSW Psychologists Registration Board (now the Psychology Council of NSW) to develop and implement a mentoring scheme for approximately 25 rural and remote area psychologists (RRAPs) in NSW, supplemented by educational initiatives. The aims were to decrease the sense of isolation experienced by RRAPs and enhance their skill level and knowledge base. It was also hoped this might help to sustain and increase the psychology workforce in rural and remote areas. Please see Graham's article for a fuller description of the project.

<http://www.psychology.org.au/Content.aspx?ID=3964>.

You will see that the demand was high and many more psychologists were able to participate in and benefit from the program.

We know that working in rural areas brings with it its own challenges and rewards. Some of the challenges are limited resources, vast distances and limited back-up. The one day workshops on resilience were based on our PAR Program and were designed for practising psychologists, to build their own resilience but also to help facilitate their client's resilience. 5 workshops were run in rural areas of NSW and were very favourably reviewed by participants.

When asked about the strengths of the workshops some of the things they said were:

"linking resilience to evidence based practise"

"Integration of CBT and IPT"

"the Resilience Model"

"nice techniques to use with clients"

"great practical tips"

"it made resilience seem accessible and available to all"

"interactive"

"resources"

"it made resilience seem accessible and available to all"

RAP TRAINING 2013

Brisbane Training

March 13th and 14th 2012

Sydney Training

March 25th and 26th March

You can download a training registration form at:

<http://www.rap.qut.edu.au/documents/TrainingRegistrationform2012.pdf>

All RAP Training is advertised on our website.

Please check for updates at:

<http://www.rap.qut.edu.au/documents/RAPTrainingnov12.pdf>

Some more pictures.....



Just relaxing at the RAP Camp!

Circus Workshop



Product of the Print screen workshop

Some of our Korean Hosts



We had some visitors from the Seoul training in the RAP office in December



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Newsletter compiled by Astrid Wurfl



Do you have any tips for implementing RAP?

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

What questions do you have regarding RAP?

We Want to Hear From You!!!

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

How did you get your school staff interested in RAP?

We want your input for the next newsletter.

What success have you had in "whole school" implementation?

RAP OFFICE TEAM

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RAP TRAINERS

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