



The World Health Organisation (WHO) have endorsed the Friends Resilience programme for its effectiveness in reducing anxiety and depression in children. Research studies also indicate that resilience-building programmes can have a positive effect on academic attainment. Further information regarding the programme, written by Professor Paula Barrett is on their website. <https://www.friendsresilience.org>

Bexley Educational Psychology Service are providing opportunities for professionals to train to be a Facilitator for the My Friends Youth (12-15 years) and Adult Resilience (16 years plus) programmes.

We are offering a one-day training package. It will include the following:

- Pre-course activities and one day of training.
- Access to the Friends Resilience Hub and a wealth of materials.
- A facilitator eBook and student eBook packed with activities.
- Accreditation for 3-years as a facilitator of the Friends Programmes in which you trained, enabling you to deliver programmes to individuals, small groups or whole classes.



The My Friends Youth programme typically runs over 10-weeks (1 hour a week) and includes two caregiver workshops. The Adult Resilience programme has five sessions. Both programmes include booster sessions to reinforce resilience skills 1-3 months after the programme. The programmes, which draw on attachment theory and Cognitive Behaviour approaches, include strategies for managing the following life challenges:

- Normalising states of emotional distress.
- Building life-long emotional resilience.
- Building life-supporting social networks and positive role models.
- Promoting self-confidence and empathy.
- Reducing bullying and teaching constructive peer relationship skills.
- Developing friendship skills.
- Improving academic performance.
- Empowering young people, families and teachers.

If you are interested in training, please feel welcome to contact us.

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