

# Every Mind Matters Newsletter

SPRING 2014

CELEBRATING



1974 - 2014

THE PSYCHOLOGY  
FOUNDATION  
OF CANADALA FONDATION  
DE PSYCHOLOGIE  
DU CANADA

## A MESSAGE FROM THE CHAIR



Cathy Backman, Chair

### LET'S DO LUNCH!

I AM SO PLEASED that George Cope, President and CEO of Bell Canada and BCE, agreed to be the guest speaker at our April 2nd 40th Anniversary Conference Luncheon, held in partnership with the Canadian Club. I have been a great admirer of Mr. Cope for some time. Most people are aware of Bell's highly successful **Bell Let's Talk** campaign. But did you know that Mr. Cope and his company also

implemented Canada's first mandatory mental health training program for managers? Then, this past January, Bell helped to launch a progressive new workplace mental health certificate training program, in collaboration with Morneau Shepell and Queen's University. This innovative program will teach leadership skills in managing performance while also promoting a mentally healthy workplace. With such an impressive vision and track record in mental health promotion, we can be sure Mr. Cope's address will be both informative and enlightening. Please join us on April 2. You'll find details on page 2 of this e-bulletin.

### This Issue: Resiliency

- 40th Anniversary Conference Program
- Research News: Teaching Resiliency Skills to Prevent Depression
- Hand-out for Parents: Raising Resilient Kids

**Thanks to our  
Conference sponsors:**



### Where your support goes

Please helps us do this important work! Go to

[www.everymindmatters.org](http://www.everymindmatters.org)

and click on "Donate now."



**The Psychology Foundation of Canada** is a national registered charity dedicated to applying the best psychological knowledge to create practical programs helping children become confident and productive adults. Our initiatives include creating educational resources, developing training programs for professionals, and delivering community-based education.

2 St. Clair Ave. East, Suite 800, Toronto, ON M4T 2T5, [www.psychologyfoundation.org](http://www.psychologyfoundation.org)



## The Psychology Foundation of Canada's 40<sup>th</sup> Anniversary Conference

~ Confident Kids, Productive Adults ~

**Wednesday, April 2<sup>nd</sup>, 10 am to 4:15 pm; Hilton Toronto, 145 Richmond Street West, Toronto**

PLEASE JOIN US for our 40<sup>th</sup> Anniversary Conference, which will bring together experts from various sectors to discuss issues related to mental health and the well-being of children and families.

### Conference Program

#### Morning Panel Discussion

##### **Building Pathways to Resiliency: How important is social and emotional intelligence?**

Panel members include:

Dr. Leslie Atkinson, Clinical psychologist and professor at Ryerson University

Dr. Liane Davey, Organization psychologist, bestselling author and VP of Knightsbridge Leadership Solutions

Dr. Ian Manion, Clinical psychologist and clinical professor at the University of Ottawa

Moderator: Joe Jamieson, Deputy Registrar, Ontario College of Teachers



Speaker George Cope

**40<sup>th</sup> Anniversary Luncheon** (12 to 2 pm) in partnership with the Canadian Club

Guest Speaker: George Cope, President and CEO of Bell Canada and BCE, on the essential role Canadian corporations can play in supporting mental health.

#### Afternoon Workshops

- Understanding and Treating Perfectionism, with Dr. Martin Antony
- Building Kids' and Adolescents' Resiliency: At Home and at School, with Dr. Ester Cole
- The Struggle to Juggle: Building Personal Resiliency, with Dr. Louise Hartley
  - Maximizing Emotional Intelligence Skills, with Dr. Steven Stein
- ABCs of Attachment from Cradle to Classroom, with Dr. Janette Pelletier
- Anxiety and the Gift of Imagination, with Dr. Robin Alter
- Your Brain on Speed: The Impact of Technology on Mind and Mood, with Dr. Nasreen Khatri
- Introduction to Kids Have Stress Too!® Workshop, with Anne Murray, Kids Have Stress Too! Trainer
- Introduction to Stress Lessons Workshop, with Anne Murray

**Resource Expo** (all day): showcasing the Psychology Foundation of Canada's suite of programs and resources

**Patron's Awards Reception**: 5 pm to 7 pm

Join us for this complimentary reception as we honour some of Canada's top contributors to mental health.

**Registration**: Full day: \$225.00. Student rate: \$100, Luncheon only \$65

Register : Go to [www.psychologyfoundation.org](http://www.psychologyfoundation.org) and click on the conference link

For more information, call 416-644-4944 or email [info@psychologyfoundation.org](mailto:info@psychologyfoundation.org)

***PFC's 40th Anniversary Conference is sponsored by TD, Pfizer and BMO***

## RESEARCH NEWS

# Teaching Resiliency Skills to Prevent Depression

FORTY YEARS AGO, psychologist Martin Seligman was dissatisfied with the way the field of psychology focused primarily on identifying and treating pathology. He thought psychologists should also be able to help well people stay happy and mentally healthy. That interest led to the Positive Psychology movement. One important outcome of that body of work is the [Penn Resiliency Program](#) (PRP), a depression prevention program for late elementary and middle school students, developed in the mid-1990s by Seligman's research team at the University of Pennsylvania. The curriculum teaches thinking and problem-solving skills derived from cognitive-behavioral therapy for depression. Central to the PRP is the notion that our beliefs and thoughts about events in our lives have a major impact on how these events affect our emotions and behavior.

The PRP teaches skills that help young people to be more resilient in the face of obstacles, stresses and negative events or emotions. These skills include:

- understanding the link between thoughts and feelings
- evaluating thoughts, identifying inaccurate thoughts and challenging negative beliefs

- generating alternative interpretations of events
- problem-solving, coping and social skills, such as assertiveness and negotiation.

The Penn Resiliency Program has been widely studied, including 13 controlled studies involving over 2000 children and adolescents in several countries and across different cultural and socio-economic groups. Taken together, the findings show that PRP lowers the incidence and reduces the symptoms of depression and anxiety in young people. In some studies, the program's effects could still be detected two years after the program was delivered, which suggests that the program actually changed the way students thought about stress and challenges.

It's obvious that school programs alone will not be able to prevent all cases of depression in children in youth. After all, the causes of depression and other mental illnesses are multi-faceted. However, the lessons of this well-studied program give us insight into one way to help children become more resilient: it is possible to teach children new ways of thinking about and dealing with the problems, challenges and stresses they will inevitably face in life.

**It is possible to teach children new ways of thinking about the problems, challenges and stresses they will inevitably face in life.**



The Psychology Foundation of Canada offers several programs to help parents and teachers build children's resiliency:

[Kids Have Stress Too!](#) gives parents and caregivers the knowledge and skills that will enable them to recognize and reduce young children's stress and also begin to teach children how to be resilient in the face of stress.

[Stress Lessons](#) is a free classroom resource for educators of students in grades 4 - 6 that helps teachers introduce stress management strategies and build emotional resiliency.

[Make the Connection](#) helps parents of infants and toddlers to build the attachment relationships that are foundational to emotional resiliency, and indeed all aspects of healthy development.

## Hand-out for Parents

## RAISING RESILIENT KIDS



RESILIENT CHILDREN are able to bounce back from adversity and cope with the challenges and stresses of daily life. This resilience comes from a combination of positive attributes, abilities and thinking skills that help people recover from negative experiences, reach out to others, understand their own strengths and weakness and look after themselves.

### How parents can help

Resiliency comes from four main areas: supportive relationships, emotional awareness/skills, competence, and realistic optimism. Here are some quick tips for building those strengths in children.

#### Supportive relationships

- Be ready to listen when children are ready to talk.
- If you lead a busy life, be aware of little opportunities to connect – during meals and car rides, watching TV or doing chores together.
- Eat at least one (device-free) meal together.
- Schedule special time with individual children to do something that you enjoy together.
- Comment on your child's positive qualities.
- Show some interest in your child's interests.

#### Emotional skills

- Respect children's emotions. Allow them to express their feelings and try not to make children "feel bad for feeling bad."

- Show sympathy for children's feelings and comfort children when they are distressed.
- Share positive emotions with your children.
- Teach children the language of emotion. Use words to describe their feelings and your own feelings.
- Help children understand their own feelings and the feelings of others.
- Manage your own emotions as well as you can. Your modeling is the most powerful teacher.

#### Competence

- Give children time for unstructured play, which teaches them decision-making, problem-solving, and self-confidence.
- Encourage and support children's interests; these interests help kids develop skills and knowledge that contribute to their sense of themselves as skilled, competent people.
- Use positive discipline that helps children understand the impact of their actions.
- Let children help you with household tasks that involve life skills: cooking, simple repairs, painting, window washing etc.

#### Optimistic thinking

- Gently challenge children's negative thoughts.
- Show children alternative, more positive (but still realistic) ways of looking at negative situations.
- Model realistic optimism and positive thinking in your own behaviour.
- Encourage respectful assertiveness and negotiation.

For more information, check out our Parenting for Life booklet: [\*Kids Can Cope: Parenting Resilient Children at Home and at School\*](#).

