

RAP-A & RAP P Facilitator Training Days

- WHERE?** QUT
Kelvin Grove
Brisbane
- WHEN?** RAP-A : Tuesday
27 August 2019
8:30am to 4:30pm

RAP-P : Wednesday
28 August 2019
8:30am to 4:30pm
- COST?** Early Bird Payment
Register by 26 July
\$320 for one day
\$590 for both days

Register after 26 July
\$370 for one day
\$690 for both days

Parking is restricted. Please arrive early
to secure a spot.

\$82.00 RAP-A Group Leader Manual
\$82.00 RAP-P Group Leader Manual
\$18.00 RAP-A Participant Workbook
\$15.00 RAP-P Participant Workbook

Morning, Afternoon Tea and Lunch provided.

To register, please complete the attached registration
form and fax to the RAP Team
on (07) 3138 0322 or scan and email to
rap@qut.edu.au. See over for more details.

For more information please phone Astrid Wurfl
on (07) 3138 4956

THE RESOURCEFUL ADOLESCENT PROGRAM

The Resourceful Adolescent Program (RAP) was developed to build resilience and promote positive mental health in teenagers. The program specifically aims to prevent teenage depression and related difficulties. Approximately one in five teenagers will develop depression during the course of their teenage years which could severely hamper their development and future prospects. RAP aims to increase the psychological resilience or resourcefulness of young people and draws on research of successful treatments for adolescent depression and the known psychosocial risk and protective factors at the individual, family and school level.

The Resourceful Adolescent Program consists of three components that promote the individual, family and school protective factors respectively:

1. The **RAP-A** program for adolescents is a school-based program for 12 to 15 year olds that aims to improve the coping skills of teenagers
2. **RAP-P** for parents' targets family protective factors such as increasing harmony and preventing conflict.
3. **RAP-T** for teachers aims at assisting teachers to promote school connectedness, a protective factor that has recently been shown to be very important in teenage mental health. (RAP-A and RAP-P also have adaptations that meet the specific needs of indigenous communities).

The three components of the Resourceful Adolescent Programs are primarily run as universal prevention programs. They are designed to be useful to all teenagers, and not only those specifically at risk for depression. The programs aim to prevent the development of future problems by promoting a range of protective factors. The three components of the program can be run independently or together.

Resourceful Adolescent Program



RAP TRAINING IN BRISBANE

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Tel: 07 3138 4956
Fax: 07 3138 0322
Email: rap@qut.edu.au

Please register me for:	Cost
<input type="checkbox"/> RAP–A & RAP-P : Aug 27 & 28	\$590/\$690
<input type="checkbox"/> RAP–A : August 27	\$320/\$370
<input type="checkbox"/> RAP–P : August 28	\$320/\$370
I would like to purchase:	
<input type="checkbox"/> RAP–A Group Leaders Manual	\$82.00
<input type="checkbox"/> RAP–P Group Leaders Manual	\$82.00
<input type="checkbox"/> RAP–A Participant Workbook	\$18.00
<input type="checkbox"/> RAP–P Participant Workbook	\$15.00
Freight	\$11.00
Total Cost	\$

Name:
Occupation:
Organisation:
Address:
Phone:
Fax:
Email:
Dietary restrictions: <input type="checkbox"/> Gluten free <input type="checkbox"/> Vegetarian <input type="checkbox"/> None
<p align="center">Payment:</p> <p>Thank you for registering for RAP training. To secure your attendance, please return this registration form to the RAP office. We will then send payment details. Your payment will secure your registration. Venue details and resources will be sent close to the training date.</p> <p>PLEASE NOTE: Payment is required via QUT’s secure online system QUTPay which accepts credit card only.</p>

Cancellations:

There will be **NO REFUNDS** for cancellations. Any materials purchased **must be returned** and this amount will be refunded upon receipt of said materials. You may transfer your registration to another name.

RAP-A - Early Intervention for Adolescents

RAP-A consists of 11 sessions of approximately 50 minutes duration. The program is run with groups of adolescents varying in size from 8 to 16 students. RAP-A attempts to integrate both cognitive-behavioural and interpersonal approaches within the context of adolescent development.

Personal Strengths: Individuals are helped to recognise and affirm existing strengths and personal resources. The aims of this component are to help adolescents focus on the importance of having and maintaining a good self-esteem.

Cognitive Therapy (Thought Court): Participants are helped to recognise and challenge distorted cognitions and develop positive self-talk.

Keeping Calm: Self-management and self-regulation strategies are taught to participants. This involves improving both the recognition and management of emotional and physiological symptoms.

Problem Solving: Individuals are encouraged to define problems and generate appropriate and effective solutions.

Support Network: Individuals are helped to acknowledge the importance of developing a support network and appropriate help-seeking behaviour as a mechanism for emotional well being.

Interpersonal Problem Solving (Keeping the Peace): Participants are helped to consider role transitions and role disputes that arise during the period of adolescence. Strategies for promoting harmony and avoiding escalation of conflict are taught. Individuals are helped to acknowledge the perspective of other people and to value empathy.

RAP-P - Early Intervention for Families

The Resourceful Adolescent Program for Parents (RAP-P) involves three parent sessions, each of between two and three hour's duration. The program can be run as a full day workshop, or as 3 separate sessions.

Parents Are People Too: Parents are encouraged to focus on their existing strengths, and to recognise their contribution to their adolescent's wellbeing. They also identify the impact of stress on effective parenting, and ways of managing their stress.

What Makes Adolescents Tick: Parents are encouraged to consider the specific needs of adolescents. They are facilitated to discuss adolescent development and role transitions pertinent to this age group (e.g., the dilemma of balancing the need for nurturance and protectiveness, with the desire for growing independence). Specific techniques to help parents bolster an adolescent's self-esteem are covered.

Promoting Family Harmony: Parents focus on the process of promoting harmonious family relationships and on the prevention and management of severe conflict.

Why Intervene with Families?

Family factors are known to relate to depression and suicide in adolescents. Overall, the quality of parent-adolescent relationships, and the presence of family conflict are reliable predictors of adolescent depression. Conflict, and particularly escalating conflict with parents, and expression of parental over-control are well established risk factors for adolescent depression. Alternatively, strong parental attachments and expressions of warmth and caring have been found to buffer adolescents from depression.