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Psychologist, Clinic Director

Ian Shulman began his professional career at the Anxiety Disorders Clinic of the former Clarke Institute of Psychiatry where he learned the basics of CBT. He completed his doctorate at the University of Calgary and has been in practice since 2000.

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Reference:

1. Barrett, PM, Farrell, LJ, Ollendick, TH, & Dadds, M. (2006). Long-term outcome of an Australian universal prevention trial of anxiety and depression symptoms in children and youth: An evaluation of the FRIENDS program. *Journal of Clinical Child and Adolescent Psychology*, 35(3), 403 - 411.

2. Stallard, P, Simpson, N, Anderson, Hibbert, S & Osborn, C. (2007). The FRIENDS emotional health programme: Initial findings from a school-based project. *Child and Adolescent Mental Health*, 12(1), 32 - 37.

3. World Health Organization. Prevention of mental disorders: Effective interventions and policy options. World Health Organization, Department of Mental Health and Substance Abuse. Geneva. World Health Organization, 2004.

Help Kids Cope with Everyday Life (and Not So Everyday Anxiety)

ANXIETY TREATMENT GROUPS: Fall 2009 / Winter 2010

Anxiety and stress are among the most common mental health problems in children today. Without proper identification and treatment they can interfere with academic, social and family relationships and can lead to the development of depression. Cognitive behaviour therapy (CBT) is an effective treatment that equips children with the skills they need to overcome daily challenges and deal with life events that contribute to stress and anxiety.

Shift Cognitive Therapy is excited to offer the **FRIENDS** anxiety treatment and prevention group for children 8 - 12 years of age. Developed in Australia and validated in international, peer-reviewed research, the FRIENDS group is an effective, 10-session program that targets anxiety and helps children build emotional resilience, self-confidence and problem-solving abilities.

FRIENDS is Effective at Reducing Anxiety Symptoms in Children

It teaches positive coping skills that significantly reduce anxiety symptoms even **three years** after treatment¹ and can be applied to any type of problem or life challenge.

The FRIENDS program teaches children to:

- Recognize signs of stress and anxious arousal
- Calm and relax the body

- Identify and challenge worrisome thoughts
- Be resilient and learn to problem-solve over upsetting issues
- Build strong support networks to help weather challenging times.

The program includes a family-skills component to show parents and other supportive adults how to assist children with coping over the long-term. The result: **Children who complete the FRIENDS program report improved self-esteem and a positive effect on their overall well being.**²

The FRIENDS Group at Shift

The group will run from 4:00 pm - 5:30 pm over 10 consecutive weeks in the fall and winter months. Parent involvement is important for the success of children in the group. For that reason, at least one parent attends the last 15 minutes of each session to learn how to support the child at home.

Each participant will receive a workbook that contains all the handouts and materials needed for treatment success. Group fees are tax deductible and covered under extended health benefit plans as "psychological services."

Contact the clinic to discuss the group as an option for your child.

The FRIENDS program is designated by the World Health Organization as an effective intervention for the prevention and treatment of anxiety disorders (WHO, 2004).³

Receipts for psychological services can be submitted with income taxes as a "medical expense".

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