

# FRIENDS

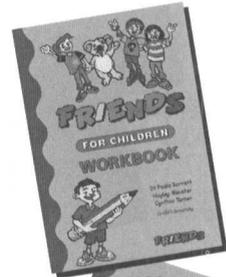
Prevention of Anxiety and Depression

FRIENDS is an Australian-developed, world-leading psychological resilience building program designed to combat anxiety and depression. It is based on a firm theoretical model derived from cognitive behaviour therapy and has been rigorously tested both in Australia and overseas using randomised control studies across a range of age groups and ethnic and social backgrounds.

FRIENDS helps  
children aged 7–11 years &  
youth aged 12–16 years  
to gain skills such as:

While FRIENDS is often used as a treatment protocol by qualified clinicians, its design has been specifically tailored to suit a school-based whole-of-grade approach as part of a personal development teaching syllabus. FRIENDS takes only 10 class periods to complete and is able to be run by a school's regular teachers in normal class times. This results in a sustainable life-skills program that only costs the school a moderate one-off outlay for group training and the program manual which contains black-line photocopy masters, suggested scripts, as well as ideas and points to note when conducting discussions.

- Dealing with difficulties
- Recognising signs of anxiety
- Relaxation techniques
- Positive thinking
- Problem solving
- Emotional resilience
- Using peer support
- Conflict resolution



The *Friends For Children* and *Friends For Youth* are both available in a sample pack of materials at a cost of \$69.30ea (within Australia including postage), and \$85 (for Overseas including postage).



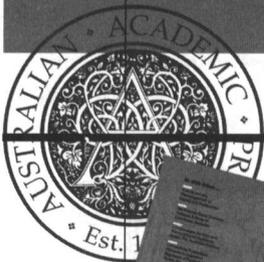
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**Editorial**

Robyn Gillies

iii

**Articles**

The Relationship Between Parents' Enjoyment of Parenting  
and Children's School Motivation

Andrew J. Martin

115

*N* = 1 Research Methodology in Counselling:  
Focusing upon the Individual Client

Christopher F. Sharpley

133

Anxiety in Children — The Importance  
of the Anxiety Sensitivity Factor

Barbara Jones and Erica Frydenberg

145

An Innovative Multidisciplinary Approach to Identifying  
At-risk Students in Primary Schools

Marilyn Campbell

159

Crosscultural Counselling for Japanese Adolescents Experiencing  
Acculturative Stress

Jason M. Dixon and John Barletta

167

What GPs Think of Counsellors:  
A Survey of Attitudes Regarding Relevance and Expertise

Christopher F. Sharpley and Carol J. Agnew

179

Support Requirements and Effects of Supervision  
on Telephone Counsellors

Justin McNamara and Robyn M. Gillies

192

Guidance Officer and Counsellor Perspectives  
on using Expressive Therapies to Support Students

Mark Pearson

205

**Book Reviews**

225

