

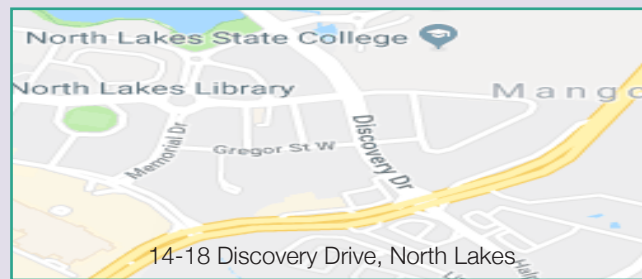
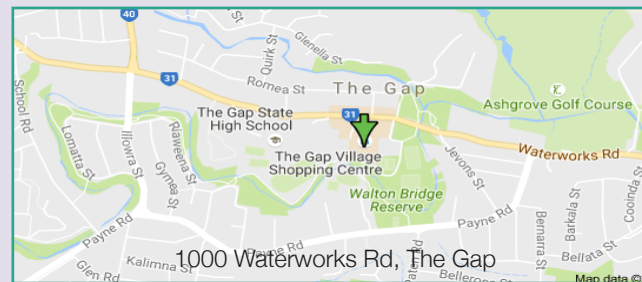
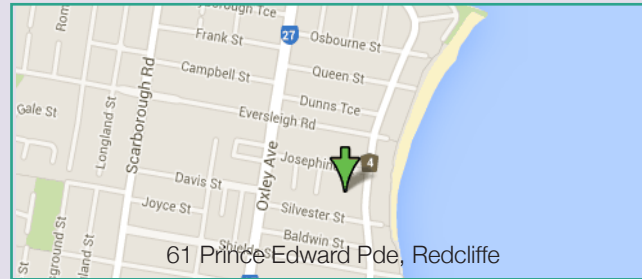
RAP

Resourceful Adolescent Program

The Resourceful Adolescent Program (RAP) is designed to help adolescents between the ages of 11 and 15 navigate challenges during a time of considerable change.

The aim of RAP is to help adolescents learn coping strategies that build resilience. These life skills equip participants with the means to deal with the stress, anxiety and depression that may arise during this period of growth or in the future.

Participants learn strategies to help them recover their self-esteem in stressful situations and enhance their ability to bounce back.



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The RAP Model

The RAP program builds resilience in pre-teenagers and young adolescents by enhancing individual strengths. It integrates elements of cognitive-behavioural therapy (CBT) and Inter-personal Therapy.

The cognitive-behavioural components teach techniques in relaxation and stress management, the relationship between thoughts, feelings and behaviour and problem solving skills.

The inter-personal component stresses the importance of promoting harmony, building personal support networks and being able to understand the perspective of others.

RAP is a positively focused program suitable for ages 11-15. YoungMinds Network offer the program in six 60-minute sessions. Sessions are facilitated in small groups and are generally held on a weekly basis.



Program Overview

Session One

Building on strengths - An introduction to the program, setting ground rules and reviewing personal strengths.

Session Two

Understanding body clues and self-talk - Examining body signals relating to positive and negative feelings and learning strategies to relax.

Session Three

The link between thoughts, feelings and behaviours - Examining how thoughts affect feelings and behaviour and developing skills in cognitive restructuring.

Session Four

Changing negative thinking patterns - Learning how to challenge negative or risky thoughts to promote positive self-talk.

Session Five

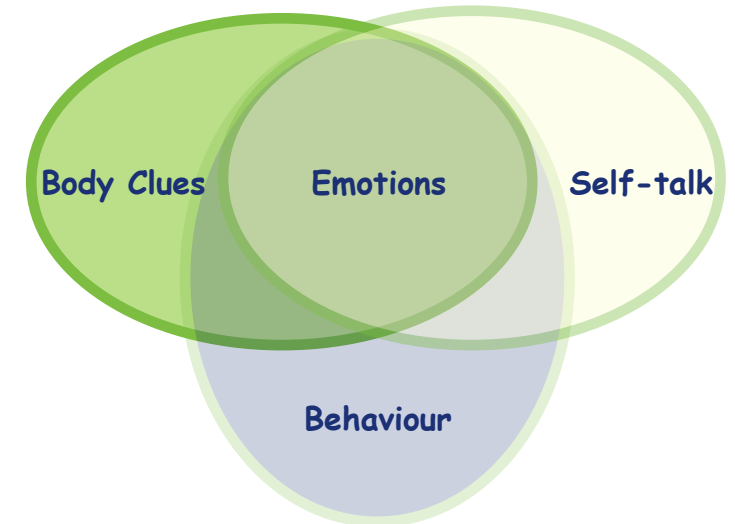
Problem solving - Develop skills to identify how others may be experiencing interpersonal situations and learn ways to overcome difficult situations.

Session Six

Keeping the peace and making peace - Strategies to avoid and manage conflict. Review personal RAP house and celebrate new friendships.

Each week participants develop their own personal resources by discovering their personal strengths, learning to stay calm and developing problem solving skills.

Components of the RAP Model



RAP workshops are held at one or more of our four clinic locations during the school term.

The program is run in groups of 5 to 10 students and is suitable for ages 12-15 years.

You can register your interest or book a place on the RAP program by contacting us at YoungMinds Network.



Appointments can be made by contacting Young Minds Network

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