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Project INTERFACE Newsletter

Volume 1, Issue 3

Dear Mental Health Professionals:

Bullying is our focus in this issue of the Project INTERFACE Newsletter, which includes upcoming events, trainings, tips and recent research. We hope you will find the information helpful, and share it with your clients as appropriate.

Project INTERFACE continues to receive overwhelmingly positive feedback from both providers and parents. We recently heard from the appreciative mother of a seventeen year old: "Thank you for connecting me with a therapist for my son. After three sessions, he is 'back' and smiling again."

Please spread the word about our upcoming group: *Support Across the Spectrum: Helping Parents Understand Autism*. This six-week series will begin on Tuesday, May 26, 9:30- 11:00 am. For additional information, visit: www.projectinterface.org/events.upcoming.php

You may be interested to learn that, within the past few months, we have had an increasing number of requests for such therapeutic and/or support groups. If you offer a group, email interface@warmlines.org to let us know the type, start date, and duration, so we can post it on our Web site.

Thanks also to all those who have recently updated their practice information. If you have not yet done so, please e-mail us at interface@warmlines.org to receive instructions for easy updating online.

Spotlight on Upcoming Events

Girl Talk: Six-Week Education and Support Group

For middle school aged girls (grades 5-8)
Start Date: mid June

Topics include friendship skills, conflict resolution, dealing with bullies, self esteem/confidence and peer pressure. Led by Tammy H. Graham, M.A., LMFT, who is a licensed child and family therapist with over 20 years of experience working with children, teenagers, and their families. For more information, call 781 258-8975.

Continuing Education for Early Childhood Professionals and Mental Health Professionals

MARC Train the Trainer Cyberbullying Intervention: October 2009

The Massachusetts Aggression Reduction Center (MARC) aims to bring low- or no-cost services to K-12 education, in the Commonwealth of Massachusetts, in the area of bullying prevention, cyberbullying education and prevention, and violence prevention.

The Train the Trainer Cyberbullying Intervention program will bring participants up to date on the latest developments in cyberbullying. Included will be recent developments in legislation, case studies, and online issues such as gossip sites. Recent research from MARC on motives and circumstances surrounding cyberbullying will be presented.

Call or e-mail with questions: 508-531-1784, marc@bridgew.edu.

Aggression in Young Children

Deborah Weinstock-Savoy, Ph.D.
Thursday, September 24, 2009, 7-9 PM
At WarmLines, 225 Nevada Street, Newtonville, MA 02460

Learn specific strategies for reducing aggressive behavior and helping children find more positive ways of managing feelings and solving problems.

Tips for Parents

Helping your child cope with bullying

from Dr. Elizabeth Englander, Director of MARC: Massachusetts Aggression Reduction Center

- Support your child by telling him or her that this is not his fault, and that he or she did nothing wrong.
- Gently emphasize that above all, your child should not retaliate or attempt to fight or hit the bully.
- Role-play ignoring the bully or walking away.
- With your child, make a list of the adults in school that he or she can go to for help, such as counselors or administrators.
- Give your child some relief. Arrange for him or her to see friends on the weekends, and plan fun activities with the family.

For more helpful tips, visit www.projectinterface.org/main.php?topicid=bullying.

Highlight from Recent Research

Bullied Children Develop Psychotic Symptoms

A recent study by published in the May 2009 *Archives of General Psychiatry* found that children who were consistently victimized by their peers at ages 8 or 10 were twice as likely to have psychotic symptoms by the time they hit adolescence. Researcher Andrea Schreier, PhD, of Warwick Medical School at the University of Warwick in England, and colleagues say the results highlight the consequences of childhood bullying and why it should not be tolerated.

Read more at: children.webmd.com/news/20090504/bullied-children-develop-psychotic-symptoms.

Project INTERFACE at WarmLines
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