Study Without Stress -
Program Information
2011

NOW RUNS THROUGH PRIVATE INDIVIDUAL TREATMENT

Years 10, 11 and 12 are a challenge for most students. With the time-pressure and high expectations associated with the High School Certificate, many students find this period very stress-provoking.

"Study without Stress" is a program being offered at the Emotional Health Clinic. It is designed to specifically target the difficulties many students have in coping with the building stress during years 10, 11 and 12. The program teaches students cognitive and behavioural skills to manage the stress of the increased workload and pressure for performance associated with the HSC.

- Understanding stress
- Stress management
- Challenging unhelpful thinking styles
- Managing high workloads
- Dealing with exam anxiety
- Tips for managing procrastination
- Tips for keeping perfectionism under control
- Problem solving
- Creating a study-life balance

This program is ideal for students already experiencing high stress levels. However, it is also very beneficial for students who are in the early stages of the HSC, to learn skills to deal with the increased stress that they will face as the HSC period continues.

What do I do now?
We will be in touch with you shortly for a follow up call, to assess for further interest in the program.

The program:
The program consists of:
1. Eight individual sessions over eight weeks. Each session runs for one hour.
2. Course materials (folder, handouts, etc).
3. Tea, coffee and biscuits.
Cost:
Each session is $145 and with the Medicare rebate of $81.60 the total cost would be $63.40 per session.

Our contact details:
Please feel free to contact the clinic if you require any further information:
Emotional Health Clinic (formerly MUARU)
Department of Psychology
Macquarie University, NSW 2109
Phone: (02) 9850-8711  Fax: 9850-6578
Email: ehc.admin@mq.edu.au
Website: www.emotionalhealthclinic.com.au

* Talk to your GP for more detailed information about your eligibility for a Medicare rebate. If you are claiming from Medicare, you will need to bring a mental health care plan (2710) with you to the first session.
The aim of the Emotional Health Clinic is to continually increase our understanding of child anxiety and to discover the best methods of managing it. We try to understand how anxiety develops, what keeps anxiety going and which aspects of treatment are most effective in reducing young people's anxiety so that future programs can be designed to be of most help to those suffering from anxiety. We continually evaluate and update our programs to make sure they are the best available. All treatments that we offer at the Emotional Health Clinic aim to teach young people ways of managing their anxiety. They are practical and common sense and they do not involve any medication. Most of the programs require parental involvement and will also involve practical exercises for full benefits.

Participating in our research programs allows families access to cutting edge treatment for anxiety, at a cost considerably less than that charged by private psychologists. We can keep costs down because we are funded by the Australian Government to conduct research into anxiety in young people. People who attend our programs are asked to help with the research in a variety of ways. Firstly, participants are asked to assist us by filling in questionnaires and coming in for assessments, even after their program has finished. This is because our studies investigate the long-term effectiveness of the treatments we provide. As part of the assessment process we also ask that they participate in research activities that help us to investigate the origins and maintenance of anxiety.

Current results indicate that around 80% of young people who complete our programs show significant improvement. Following treatment, there are marked increases in school attendance, academic achievement, confidence, number of friends and involvement in extra-curricular activities and decreases in worry, fear and family distress.

**Common Types of Anxiety**

There are several different forms that anxiety can take in young people.

- **Separation fears.** Children with this problem worry that something bad will happen to themselves or to Mum or Dad whenever they are apart. As a result, these children often refuse to separate from parents - e.g. they won't go to school, they won't sleep over at friends' houses, and they won't be left at home with a sitter.

- **Social fears.** These children are extremely shy and withdrawn and worry a great deal about what others think of them. They avoid many social situations including parties, sporting events, buying things at shops, or answering the telephone. They often have difficulty making friends.

- **Generalised anxiety.** These children are excessive worriers. They worry about many different areas of their life including school work, competition, family, and anything new. They often ask repeatedly for reassurance and may experience physical symptoms such as headaches, nausea, or diarrhoea.
• *Obsessive-Compulsive disorder.* These children tend to repeat actions or thoughts over and over, usually related to some type of fear. For example, they may wash their hands repeatedly because of the fear of getting sick from hidden germs or they may check locks repeatedly because of a fear of being burgled.

• *Specific fears:* These children are very scared of particular objects or situations, like dogs or water. This fear is so bad that they avoid confronting the feared object. For example they may not visit friends who have dogs.

Many children will show features of several of these problems and may have several related problems such as sleep difficulties, appetite difficulties, or depression.

**How Do I know if My Child is Anxious?**

Anxious children are often well behaved and don't bother anyone. Therefore, they can sometimes be overlooked. However, most parents know if their child is excessively anxious. It will usually be obvious in the things they do or the things they won't do. In addition, most anxious children will talk about their worries if you take the time to ask and to really listen.

**How Do I Participate?**

If you would like to participate in the program and your child or teenager is aged between 7 and 17 years the first step you need to take is to carefully read the information that follows. In it you will find specific guidelines relating to the current studies being run at the Clinic, the eligibility criteria for participation, and the costs involved. It will also give you further information to help you determine whether our programs will be suitable for your child.

We will be contacting you shortly, to complete an intake form over the telephone, which takes about 15 minutes. You will be asked to provide some information on your child's current problems. Based on this information, the staff member will discuss with you whether your child is likely to be eligible for one of our programs. Pending this discussion, you will be placed on the waitlist for a clinical assessment of your child at the Emotional Health Clinic. Our staff will also be able to answer any further questions you may have.

**What if My Child is Not Eligible to Participate in a Treatment Program Once a More Formal Assessment is Completed?**

It is the policy of the Clinic to provide you with detailed feedback as to why your child does not meet criteria for one of our current programs. This discussion would include providing you with referral options as to where to seek the most appropriate help for your child's problems.