



Dear Parent

Thank you for your interest and inquiry w.r.t. enrolling your child/adolescent in the BullyBusters anti-bullying therapeutic group programme!

BACKGROUND:

Fifty seven percent of South African children claim to be victims of Bullying at school. These complaints have been confirmed in our experience in working at an in-patients facility with children, as well as in private practice.

The reason behind the development of this program was the mere fact that Bullying has become a huge problem under school children and has far reaching effects on a child's psyche and emotional wellbeing. In this program we aim to empower children to become resilient against Bullying. This program is aimed at the "Bullies", "Bystanders" and "Victims of Bullying".



ABOUT MARELÉ VENTER

Qualifications:

B Occupational Therapy (UFS) 2000

Post Graduate Diploma: Play Therapy (UFS) 2002

Experience:

Marelé has been practising as occupational therapist for the past 20 years.

She has always had a passion for people and their well-being, which lead to her becoming an occupational therapist. After graduating with honours in 2000, she became increasingly aware of children's need for emotional support in her clinical work. Since play is a child's natural form of communication and learning, she undertook further studies in play therapy and received her post graduate diploma in play therapy, with honours, in 2002. She has been an advocate for the use of play as a means towards emotional and mental well being, in occupational therapy, ever since.

Marelé has worked for the Departments of Health and Education, as well as in private practice. Her work experience also includes lecturing at the Department of Occupational Therapy (UFS), specifically on the use of play as a means towards emotional well-being, in occupational therapy. During 2011-2015 she was actively involved in providing occupational therapy group services in a private psychiatric clinic, where she facilitated adult, adolescent and children's groups.

She is currently in private practice and co-founder of i2we, a therapy center for individual-, as well as group therapy, parent guidance and training of professionals. Marelé is married and mother of two. Her inner child is still very much alive - and she is in her element when on the floor with a child, engaging in meaningful play.





A GLIMPSE OF THE PROGRAMME:

The program is presented in the format of group-play therapy. Group therapy is the ideal and safe environment to learn new skills because of the fact that bullying entails a large social component. Children get the opportunity to practice newly acquired skills, to empower them to handle real life situations relating to bullying. Groups are age appropriate and presented in the following categories: Grade R-3, Grade 4-7 and Grade 8 – 12.

Group sizes range from 6 - 12 children per group (depending on their ages). This ensures that the child receives individual attention within the group. For optimal group dynamics and confidentiality, closed groups are used, which requires children to attend all the groups until the end. No new members will be allowed to enter at a later stage. Ten sessions of 90 minutes each are presented over a period decided upon by the facilitator. At the end of the program each child receives an individual report to ensure that parents receive feedback.

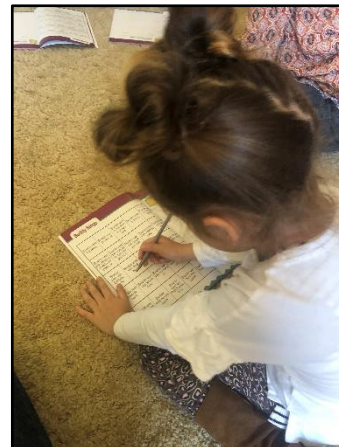
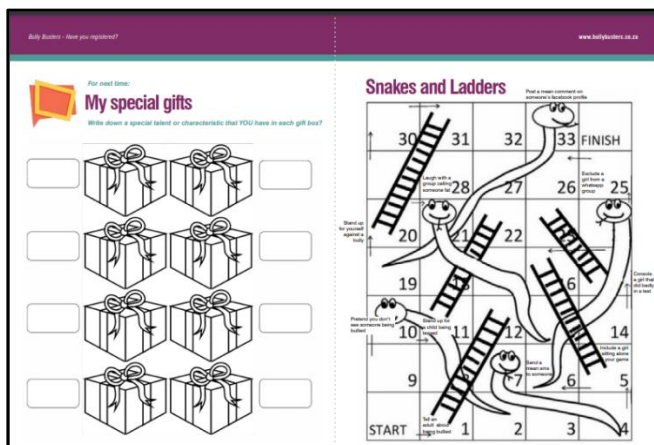
TOPICS THAT ARE ADDRESSED IN THE GROUPS:

- The ABC of bullying (Basics of bullying)
- Types of bullying (Verbal, physical, social emotional, relational, cyber...)
- Impact of bullying on children
- Am I the bully?
- How to bullyproof yourself
- How to become an upstander AND MORE...





A GLIMPSE OF THE MANUALS



These groups are not lectures, but are presented in a play-based experiential group format.

LIFE SKILLS ADDRESSED IN THE PROGRAMME INCLUDE:

- Communication Skills (Verbal & Non-Verbal)
- Self-Concept
- Self-Esteem
- Assertiveness
- Handling Conflict
- Self-care



Why do we use Group Therapy?

Although many children benefit from individual therapy, in some cases group therapy is more effective. Group therapy is not only cost effective, but also contains certain key therapeutic factors:

- In group counselling relationships, children experience the therapeutic releasing qualities of discovering that their peers have problems, too, and a diminishing of the barriers of feeling all alone.
- Group members recognize that other members' success can be helpful and they develop optimism and a sense of hope and empowerment.
- A feeling of belonging, trust and togetherness develop, and new interpersonal skills are learned practically.
- In groups children are afforded the opportunity for immediate reactions and feedback from peers as well as the opportunity for vicarious learning.
- Group members have the opportunity to re-enact critical family/peer dynamics with other group members in a corrective manner.
- Children also develop sensitivity towards others and receive a boost to their self-concept through being helpful to someone else. For children who have poor self-concepts and a life history of experiencing failure, discovering they can be helpful to someone else may be the most profound therapeutic quality possible.
- In groups, children also discover that they are worthy of respect and that their own worth is not dependent on what they do or what they produce, but rather on who they are.
- Group members begin to accept responsibility for life decisions.

Why do we use PLAY as a means towards emotional well-being?

"To 'play it out' is the most natural self-healing measure childhood affords." – Erikson, 1977

Playing is how children try out and learn about their world and is essential for healthy development. For children, play is serious, purposeful business through which they develop mentally, physically and socially.

Play helps them to discover who they are and who they are not. It teaches them how to identify, understand and manage emotions. Play is the child's form of self-therapy through which problems, confusions, anxieties and conflicts are often worked through. Through the safety of play, children can try out their own new ways of being, practice roles and explore situations.

Play performs a vital function for the child. It is far more than just frivolous, lighthearted, pleasurable activity that adults usually make of it. Play serves as a symbolic language. Children communicate through play and activity. Play and expressive therapies serve to create a necessary therapeutic distance for clients who are often unable to express their pain in words.

Play and expressive therapies can be effective in overcoming resistance because they are generally non-threatening, engaging and captivating. Play overpowers verbalisation, rationalization and/or intellectualization used as defences.

Play and expressive media are effective interventions for traumatized clients since neuro-biological effects of trauma point to inhibitions on cognitive processing and verbalization. Traumatized children often experience loss of emotional, psychological and even physiological control. A crucial goal for these children is thus empowerment. Play is a child's work and world. They are the experts in play and can thus experience and regain a sense of mastery and control, through play.



REGISTRATIONS:

Children can be registered and paid for online via the official BullyBusters website:

<https://bullybusters.i2we.co.za/bully-busters-sign-up/>

A registration tutorial of the online registration or a manual form is available from admin@i2we.co.za

COST: R2000 per child

Payment options are available on the online registration via payfast.

JUST A FEW PRACTICAL ARRANGEMENTS:

Venue: 2 Nerina Street, Gardeniapark, BFN

(across the road from Jim Fouche Primary school Gate 4)

Times: Groups are held daily from 09:00 – 12:00.

Snacks: We DO NOT provide drinks and snacks. They are allowed to bring a water bottle and a small snack.

Homework: The theory in the manuals is also (mainly) aimed at you as parents, to empower you with the necessary knowledge regarding bullying, in order to effectively support your child and to be part of the learning process. Each day includes homework for the next day, but it is mostly fun practical activity for the child to do at home with the parents' assistance (if necessary).

Parent talk: We have recorded one of our previous parent talks and would highly recommend for all parents to download this talk and take time the weekend before the groups kick off to watch it as it is a great platform to start the week from. <https://i2we.co.za/product/bullybusters-parent-talk/>

WhatsApp: We will create a WhatsApp group for all the parents in each group, to help with communication and practical arrangements throughout the week. We will also share short video clips on bullying and how you as a parent can support your child. The contact number on the registration form will be used for this whatsapp group.

If you have any further queries, feel free to contact us at: admin@i2we.co.za / 0828874377

Kind Regards
I2we Team

