



DR. S. GERALD HANN PSYCHOLOGICAL SERVICES

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Do you know a child who experiences:
Worry, Avoidance,
Psychosomatic complaints,
Shyness, Withdrawal, Perfectionism?



Dr. S. Gerald Hann Psychological Services is a private clinic that offers psychological services by regulated psychologists. The mission of our practice is to promote improved mental health for individuals, families and the community using empirically based and scientifically proven assessment and treatment techniques. We are conveniently located within the Halifax Learning Centre, at the corner of Coburg Road and Oxford Street.

We are delighted to announce that we are now offering the Friends for Life program for children aged 8 to 11 years. The sessions are weekly, giving children the opportunity to utilize their newly and two parent information sessions are also included during the 10 week child program.

Groups are typically offered from October to December and from January to March. If enrollment numbers allow, we also offer groups from April until mid-June.

In addition to our scheduled Groups, Sessions we also offer private groups to agencies, such as child welfare agencies, school or institutions, upon request. Please call 453-8339 or email us at info@hannpsychologicalservices.com if you have interest in a private group or wish to enroll your child in an upcoming group.

What is FRIENDS for Life?

FRIENDS for Life is an anxiety prevention and intervention program developed in Australia by Dr. Paula Barrett, a clinical child psychologist. It is a cognitive-behavioral intervention which addresses the cognitive, physiological and behavioral processes that are seen to interact in the development, maintenance and experience of anxiety.

FRIENDS helps children and youth cope with feelings of fear, worry, and depression by building resilience and self-esteem and teaching cognitive, behavioral, and emotional skills in a simple, well-structured format.

FRIENDS is about preventing childhood anxiety and depression through the building of emotional resilience. It aims to reduce the incidence of serious psychological disorders, emotional distress and impairment in social functioning by teaching children and young people how to cope with, and manage anxiety, both now and in the future.

What makes Friends for Life different?

- Evidence-based: Supported by ongoing research by Dr. Paula Barrett and her research team.
- FRIENDS for Life is recognized by the World Health Organization as an effective treatment and prevention of anxiety and depression.
- It is a local program developed in Brisbane, and used internationally (including Canada, Japan, Mexico, Norway).
- It is a positive program which targets all children, regardless of their risk levels.
- It focuses on overcoming daily challenges and negative life events which we all encounter.

Who Benefits from the Program?

All children can benefit from the skills taught in this program, including children who may experience the following:

- Worry
- Avoidance
- Attention to threat
- Fast and sustained physiological arousal
- Psychosomatic complaints
- Difficulty in resting and going to sleep
- Shyness
- Social withdrawal
- Perfectionism

This program is also an excellent adjunct to children receiving individual treatment with a psychologist, psychiatrist or therapist.

The Facilitators

Each group is facilitated by one of our excellent team of registered Psychologists, all of whom are experienced specialists in the field of anxiety in children and adolescents, and trained by Austin Resiliency Inc. to specifically facilitate the **Friends** program.

What the Program Package includes:

10 "Friends" Program Sessions (each for 1 hour). This consists of:

- 10 group sessions for the child, held twice weekly (normally we have 8-10 children per group)
- Workbook (needed every week)
- Parenting Workshops, which consist of two x 1.5 hour Parenting Workshops designed exclusively for parents of children enrolled in **Friends** to compliment and maximize what your family will gain from the Program.

Please note: Other caretakers such as grandparents or foster parents can attend in the place of a biological parent.

Dates

- We offer groups, as needed from October to December group
- We offer a January to March Break Group
- If enrollment permits, we may also offer a group in the Spring from April to June
- Our Groups are usually held on Saturday mornings, but occasionally some evening Groups are held
- Upon request, groups can be offered to agencies, schools and private institutions
- Some parents opt for individual sessions for their child, which are available, upon request

What if your child misses a group session

If your child misses a session, it may be possible to book a make-up session with one of our Psychologists who are running the group. This option will cost \$140.00 extra, as it is an individual session. Attempts will be made to make up the missed session before the next group session. If you know your child will need to miss a scheduled session, please let us know ASAP as it is often difficult to book in for an individual session with short notice. It is permissible, but not ideal if your child misses one session.

The Cost

The cost of the group is \$1500.00 per child. This is equal to approximately \$78.00 per hour and is a significant savings over our usual hourly fee of \$140.00. The same number of hours of individual sessions would total over \$2600.00.

It is important to note that Private Health Insurance may generally cover a good percentage of the cost, so parents should contact their insurer to discuss what they might be entitled to for reimbursement. Receipts are issued under "Psychological Services", as all services are offered by credentialed professionals. Insurance reimbursement varies depending on different factors. If permitted, we can issue a receipt for the parent sessions in the parent's name to assist in making the program affordable. If you are hoping to have some or all of the fee reimbursed, please check with your insurer before registering your child.

Payment

Payment in full is required at the time of registration. We accept Visa, Mastercard and debit. Agencies can provide a purchase order number. If our group runs as scheduled, there are **no refunds**. No exceptions are made to our payment/refund policy, so please ensure you and your child are committed to attendance and once we commit to offering a Group, we have to proceed, even if you or your child decides not to continue.

Location

If availability permits, we conduct sessions at our regular office location. If not, some or all sessions will be held off site at the Waegwoltic Club, a private club at the end of Coburg Road. The Waegwoltic Club is located less than 2 minutes walk from our practice, and allows participants to enjoy the sessions while overlooking the beautiful Northwest Arm. It is a beautiful, non-clinical setting that all participants will enjoy. Ample on-site parking is available.

Registration

Please call our office administrator, Evelyn Schnare to register. Evelyn can be reached at 453-8339 or email at eschnare@hannpsychologicalservices.com

Evelyn will complete an intake and put your child's name on our list for the upcoming Group. About one month prior to the start of group, you will be contacted by Evelyn to inquire if you are interested in having your child participate and if so, process your payment to hold your child's place in our group. Payment is accepted by debit, Visa and Mastercard. Once your child's place is secured, there are **No Refunds**. There is no exception to this policy. In the event that enrollment is not sufficient to support a full group, your payment is refunded without penalty. We encourage you to review our website. <http://www.hannpsychologicalservices.com/> to familiarize yourself with our practice and the services we offer. We provided psychological services across the lifespan, and not only to children.

Regards,

A handwritten signature in black ink, appearing to read "S. Hann", written over a light blue horizontal line.

Dr. S. Gerald Hann, R. Psych., Director