

Psychology Centre PBS Information Sheet

What is Pause Breathe Smile or PBS?

PBS is a mindfulness course developed by the Mindfulness Education Group to enhance children's wellbeing and develop skills to manage emotions. Research has found that children's participation in the program increases calmness, focus, self-awareness and wellbeing. The program is usually delivered in primary schools where a teacher trained in PBS is available. The Psychology Centre course is being offered specifically for children who struggle with stress and anxiety, to allow them to access the course in a small group setting alongside a parent/caregiver.

Who is the Psychology Centre PBS program for?

Children aged 8-11 years who struggle with stress and anxiety. The program is designed for both you and your child to attend and learn together. This provides the benefit of you being able to support each other in practicing and using the skills at home – and both reaping the benefits!

What can you and your child expect from PBS sessions?

The group sessions will be facilitated by Ann Huggett (PBS facilitator, Clinical Psychologist) and a Clinical Psychology Trainee. In each session you and your child will practice four key mindfulness practices: mindful breathing, mindful eating, mindful movements and 'Pause Breathe Smile'.

As well as these core practices, each week a different topic that supports well-being will be introduced. These topics will include: learning to stop and notice; exploring how we can enhance happiness; looking at the world with curiosity; learning about our emotions and the brain; and growing kindness, compassion and connection.

What would you need to do?

Be present: Come along and participate – learn and have fun together.

Daily practice: Each session will offer a mindfulness exercise which you and your child can then practice each day over the week (5-10 mins via internet recordings). It is this daily practice that leads to the positive benefits.

Learning Journals: You and your child will have 1-2 pages in a Journal to complete each week.

Meet and Greet: In the week prior to the group starting we will schedule a 30 min meet and greet at the Psychology Centre to learn a little about you and your child, complete questionnaires and answer any questions.

Where, when and what to bring?

Where: The Psychology Centre, University of Canterbury (see map over the page)

When: Starting Wednesday 23 October, 4-5pm (and running for 8 weeks)

What to bring: A cushion for you and your child, as we will be sitting on the floor

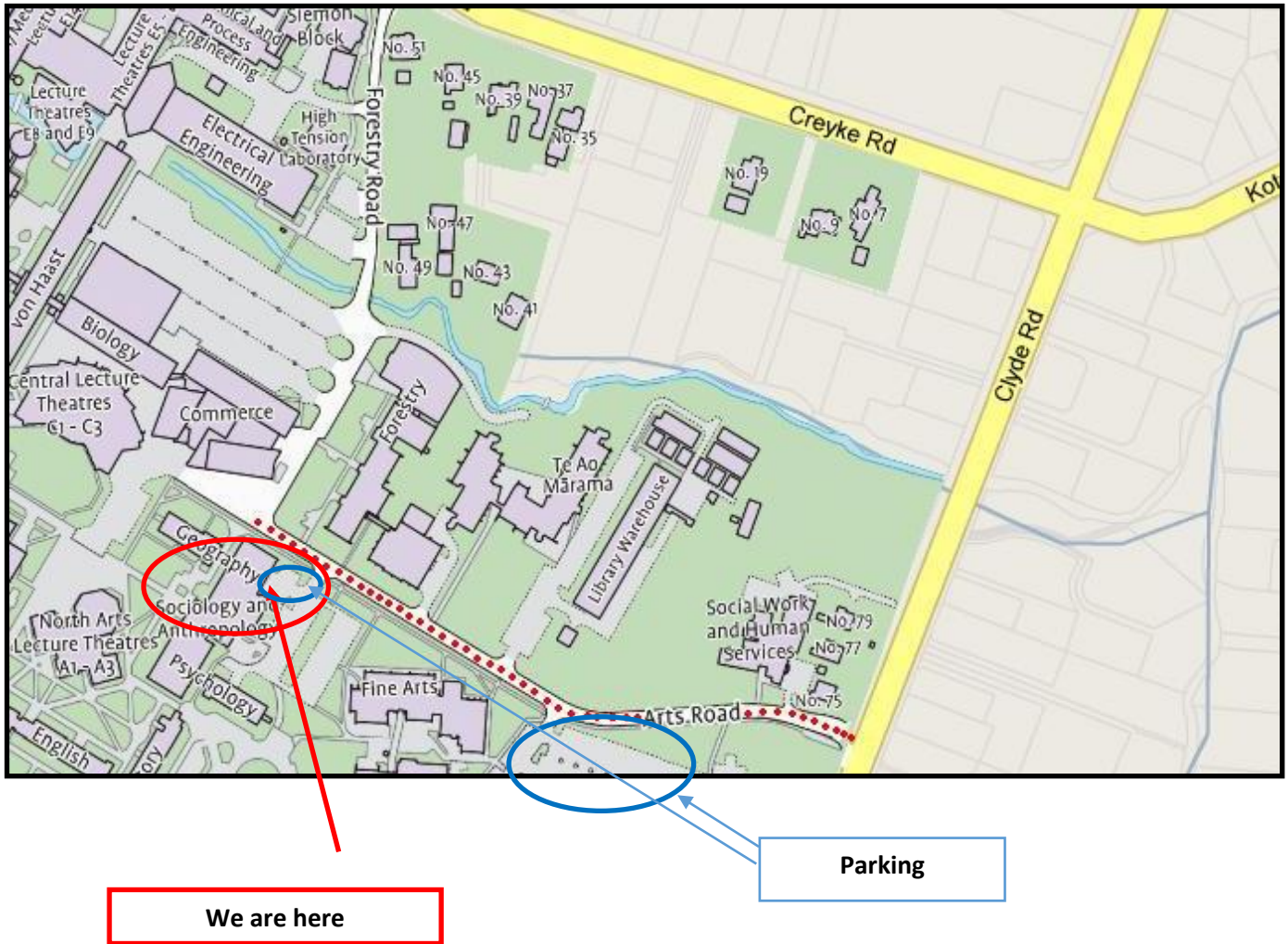
Cost: \$200 for a parent and child.

Want to register or get more information?

Contact Justine Brougham justine.brougham@canterbury.ac.nz for a registration form.

For questions contact Ann Huggett at ann.huggett@canterbury.ac.nz. To hear kids talking about PBS watch <https://www.youtube.com/watch?v=awo8jUxlm0c>. For more information about the research and benefits of PBS look at <http://www.scoop.co.nz/stories/ED1707/S00094/pause-breathe-smile-mindfulness-training-will-help.htm>

PSYCHOLOGY CENTRE LOCATION



The Psychology Centre is located in the **Geography** building.

Access is from Clyde Road. Turn into Arts Road (University sign not normal road sign) and drive onto Arts Road.

Park is in the big carpark to your left (signposted Clyde Rd carpark). **Parking is pay and display and machines are located along the tree-line, closest to the University.** Parking may also be available in the Psychology Carpark and you are welcome to park in parks marked Speech and Hearing on Tuesdays after 3.30.

On getting out of your car walk along Arts Road (the road you drove into the University on) and turn into the Psychology carpark. Turn left into the Psychology, Speech and Hearing Clinic and please check in at reception on the ground floor.