

AIM

Accept. Identify. Move.



A seven-week group program designed to help children:

- **increase their emotional awareness,**
- **identify their values and what is important to them,**
- **take action towards achieving their personal goals.**

WHAT IS THE AIM PROGRAM?

AIM is a 7-week group-based program based on Acceptance and Commitment Therapy (ACT). It is delivered by psychologists employed by the School Psychology Service within the ACT Education Directorate. It is aimed at primary school children in years 4-6 who are having difficulty managing strong emotions including fear, worry, sadness, frustration and anger. They may display range of emotion-driven behaviours, including withdrawal, avoidance or lashing out at others, and want to build their own toolkit of strategies to respond differently.

WHAT DOES THE GROUP INVOLVE?

Participants in this group will attend 1x 60min group session each week for seven weeks. Sessions will involve a mix of psychoeducation, modelling of new skills as well as experiential activities and take-home exercises to help embed skills. We hope to have some fun along the way!

ARE THERE ANY RISKS FOR PARTICIPANTS?

It's possible that when your child starts to use the strategies taught in the program, they may feel a higher level of discomfort or distress initially or just notice those feelings more than previously. However, as you and your child continue learning and practicing a wider range of strategies, these are likely to become less distressing. You are encouraged to raise any concerns or difficulties that arise during the program with the facilitators, and you can also withdraw your child from the program at any point.

HOW WILL INFORMATION BE SHARED?

General information about the program will be communicated with key staff as well as parents and/or caregivers. Should facilitators become concerned about a child's safety or well-being parents/carers will be advised, and the relevant key school staff will also be notified. The facilitators will assist families to identify appropriate supports. At the beginning and end of the program you will be asked to complete brief questionnaires that measure individual strengths and difficulties, as well as psychological flexibility. We use this data to evaluate the effectiveness of the program and to get an understanding of how the student is traveling. Brief file notes regarding your child's involvement in the program will be recorded and placed on an electronic student counselling file with restricted access. A psychologist will speak to you prior to the beginning of a group to address any queries and obtain informed consent for this psychological service.