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Bully Busters: The development of a therapeutic group programme for children and adolescents, empowering them and creating resilience against the toxic effects of exposure to bullying.

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Bullying is viewed as a situational stressor that may result in mental health challenges for all of the parties involved. To meet society's needs, occupational therapy practitioners need to respond to how society is changing and evolving. According to the American Occupational Therapy Association researchers identified bullying as one of five emerging niches in Children and Youth (Yamkovenko, AOTA, 2011).

Historically bullying ceased when the victim and the perpetrator parted ways. This has drastically changed with the sporadic advancement of cyber technology, thus resulting in bullying happening anywhere and at any time through "cyber bullying". Bullying has also been deemed a leading cause in adolescent suicide cases, leading to the new term "bullycide".

This workshop will give an overview of the latest theory of bullying dynamics. It will also take a closer look at the necessary skills that youth need to address bullying. Practical ways to teach these skills in therapeutic groups will be explored and discussed.

The workshop will consist of a powerpoint presentation with photos and videos of bullying as well as footage of anti-bullying groups. Experiential learning will be facilitated during small group activities.

This congress workshop is aimed at intermediate and advanced practitioners, with knowledge of and experience in therapeutic group work.