



NEWS FROM MICHAEL BERNARD October 2023

Hello

I trust that you have returned to school rested, re-charged and rejuvenated. I know your unwavering determination to make Term 4 a positive and successful experience for our students.

In this newsletter, I would like to direct attention towards the issue of bullying and explore ways to assist our students in coping emotionally with various forms of anti-social behaviour.



Having spent many years working in school as a psychologist, I have encountered students facing challenges in their lives, including schoolwork and relationships. I have also worked closely with students who were bullying victims and experienced feelings of anxiety, depression, and, in severe cases, even school refusal.

As a psycho-educator, I applied evidence-based approaches such as cognitive-behavioural and rational-emotive therapy to help these students. By raising their awareness about the profound impact their thoughts about bullying had on their emotions and behaviour, I empowered them to change their thinking. Through this transformation, they learned how to mitigate the effects of bullying and other anti-social behaviour.

Let us work together to equip our students with the tools to navigate these challenges and foster a supportive, empathetic environment within our school community. Please attend my [webinar on November 16th](#) to find ways to empower students to cope with bullying and other anti-social behaviour.

Michael E. Bernard, PhD
Founder, YCDI! Education
Emeritus Professor, California State University
Former Professor, University of Melbourne
Doctorate, Education Psychology

JUST PUBLISHED RESEARCH REVEALS HOW TO EMPOWER STUDENTS TO COPE WITH BULLYING

Empowering the victims of bullying: The 'Bullying: The Power to Cope Program'* by J Stewart and myself has just been published in the Journal of Evidence-Based Psychotherapies.

This research evaluated the impact of the program *Bullying: The Power to Cope* (Bernard, 2019) on potential victims' cognitive, emotional and behavioural responses. The program aims to teach students rational beliefs (e.g., self-acceptance, high frustration tolerance) and coping skills they can employ in response to various types of bullying.

The study conducted in Melbourne, Victoria, Australia, comprised 115 participants (n = 55 in the experimental group; n = 60 in the control group), 57 males and 58 females, aged 10

to 14. Self-report data was collected before and after the program was completed, measuring children's cognitive, behavioural and emotional coping responses to four written bullying vignettes.

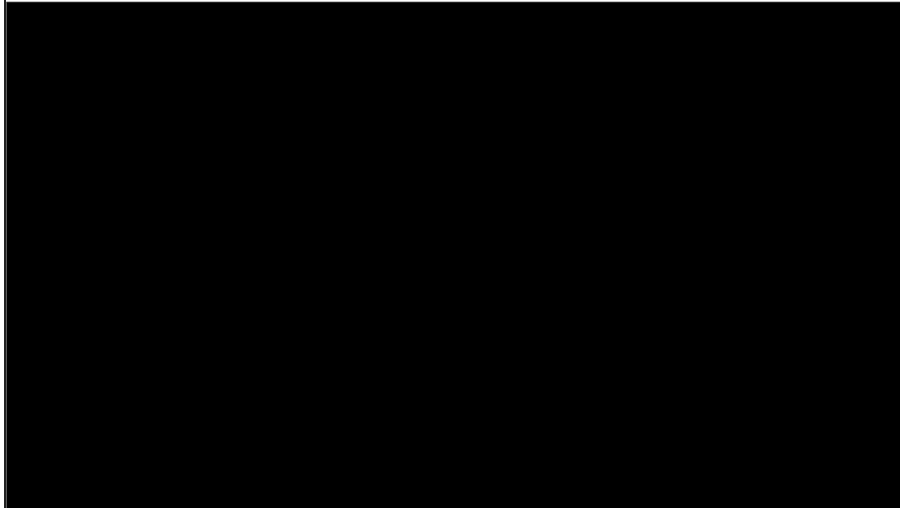
Results revealed that students in the experimental group significantly improved in their cognitive and emotional responses compared with those in the control group. Non-significant differences were found between males and females and between primary and secondary school students in their response to the program.

Before the intervention program, the cognitive and emotional coping responses of females were significantly more negative and emotionally intense than males. Following the intervention program, females showed greater improvement than males in copying responses to bullying.

[READ THE FULL JOURNAL ARTICLE](#)

*Stewart, J., & Bernard, M.E. (2023). Empowering the victims of bullying: The 'Bullying: The Power to Cope Program'. *Journal of Evidence-Based Psychotherapies*, 23, 147-172.

Click the image to preview our **Bullying. The Power to Cope** program



A Way to Empower Students to Cope with Bullying



What does empowering students to cope with bullying look like?

Is there best-practice research evidence that shows it can be done?

[READ MY LATEST BLOG](#)

PROFESSIONAL DEVELOPMENT WEBINAR



Empowering Students to Cope with Bullying

presented by

Dr Michael. E Bernard

Founder of You Can Do It! Education

 Thursday, 16 November, 2023

 4.00 – 5.30pm (AEDT)

 \$195.00 (GST inclusive)

Registrants unable to attend the live webinar will be emailed a link to the recorded event.

REGISTER NOW

Beating Bullying by Thinking Differently



Having a resilient mindset makes a big difference to how much damage bullying does – parents and teachers can help kids learn that they have the power to cope with difficulty.

[READ THE FULL ARTICLE](#)

That's a wrap

Feel free to communicate with me (michaelebernard@gmail.com) about what's happening at your school with YCDI! including photos and success stories - and difficulties too!

Onwards! Michael

Thank you for being part of the YCDI! community. If you know someone who will also enjoy this newsletter please share an invitation to [subscribe here](#).

Have questions? Get in touch

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