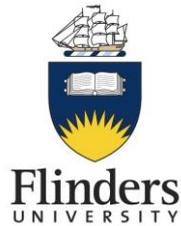


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Flinders Human Behaviour & Health Research Unit

Releasing Children's Shining Potential

**Improving the social and emotional wellbeing of
primary school children through Journeywork**

Glossary

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ABBREVIATIONS

ADHD	Attention-Deficit/Hyperactivity Disorder
B or B	Baseline
CBT	Cognitive Behavioural Therapy
CES-DC	Centre for Epistemological Studies Depression Scale for Children
JP	Journey Accredited Practitioner
NSW	New South Wales
PNI	Psycho-neuro-immunology
SA	South Australia
SD	Standard deviation
SEL	Social and Emotional Learning
T1 or T ₁	Time one
T2 or T ₂	Time two
VAS	Visual Analogue Scale
VCAA	Victorian Curriculum and Assessment Authority
VELS	Victorian Essential Learning Standards

DEFINITIONS

Attention-Deficit/Hyperactivity Disorder (ADHD)	Characteristics of children with ADHD in the classroom: Persistently inattentive, hyperactive and/or impulsive, find it hard to persist with tasks, are easily distracted, often fidget, talk excessively, interrupt others, and are constantly on-the-go ^[1] .
Evidence-based practice	A process through which professionals use the best available evidence integrated with professional expertise to make decisions regarding the care of an individual. It is a concept which is now widely promoted in health care, education and social welfare and requires practitioners to seek the best evidence from a variety of sources; critically appraise that evidence; decide what outcome is to be achieved; apply that evidence in professional practice; and evaluate the outcome. Consultation with the client is implicit in the process ^[1] .
Informants (Key informants)	Well-situated people or people with expertise in the area under study ^[2] . In this case: children, parents, teachers and the principal.
Journey Accredited Practitioner (JP)	<p>A Journey Accredited[®] Practitioner is a practitioner who has completed the curriculum of <i>The Journey Accredited[®] Practitioner Programme</i>, as provided by The Journey[®] Seminars organisation, including completion and successful assessment of at least 45 case studies.</p> <p>To maintain Journey Accredited[®] Practitioner status the practitioner is required to continue their professional development, with a requirement to submit 5 case studies annually, attend a Journey Intensive module at least annually as a trainer, and attend the Practitioners' one-week module at least every three years.</p> <p><i>The Journey Practitioner Programme</i> takes place over several months, with in excess of 250 hours of contact time, and includes eight in-depth experiential modules followed by completion of the individual case studies.</p> <p>Journey Accredited Practitioners may hold a number of professional affiliations, depending on their primary area of practice such as the Australian Nursing Federation, the Counsellors and Psychotherapist Association, the Australian Counselling Association and the International Institute for Complementary Therapists.</p>
Mean	Statistical term: Average of a group of numbers.
Median	Statistical term: The middle number; the number separating the higher half from the lower half of a sample of numbers. The median can be more useful than the mean (average) of a sample, when the sample has outliers skewing the data in the

	direction of the outliers, which is the case in this study.
Mental health	“A state of complete physical, mental and social wellbeing and not merely the absence of disease”. It is related to the promotion of wellbeing, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders. (World Health Organisation - http://www.who.int/topics/mental_health/en/)
Mental health problems	Diminished cognitive, emotional or social abilities, but not to the extent that the criteria for a mental disorder are met.
Mode	Statistical term: The number that occurs most frequently in a sample of numbers
Neuro-chemical response	A complex system of electrical and chemical processes or reactions occurring in the cells and systems of the body.
Outliers	Children whose scores were well outside the scores of the other children.
Parents	For simplicity throughout this report, ‘parents’ includes the person or people who are a child’s primary care givers. “There is wide variation in the composition of Australian families and parenting can include combinations of mother, father, stepmother, stepfather, other family members, and non-related carers” ^[1] .
Prevalence	The percentage of the population suffering from a disorder at a given point in time (point prevalence) or during a given period (period prevalence) ^[1] .
Protective factors	Those factors that ‘produce a resilience to the development of psychological difficulties in the face of adverse risk factors’ ^[1] .
Psychoneuroimmunology (PNI)	The study of the interaction between psychological processes and the nervous and immune systems of the body. PNI incorporates the areas of psychology, neuroscience, immunology, physiology, pharmacology, molecular biology, psychiatry, behavioural medicine, infectious diseases, endocrinology and rheumatology.
Resilience	A person’s capacity to overcome adversity and continue a positive life journey. Factors that contribute to resilience include personal coping skills and strategies for dealing with adversity, such as problem-solving, good communication and social skills, optimistic thinking, and help-seeking ^[1] .
Standard deviation	Statistical term: A measure of the spread or range of the sample of numbers. It is derived from the distance of each point in the sample from the sample mean (positive distance to the right, negative to the left).

