

THE THERAPY CENTRE

PSYCHOLOGICAL SERVICES

Do you have a “Bully Gremlin”?

Bullying is being reported by 1 in 3 adolescent students in Canada and 40% of Canadian workers experience bullying on a weekly basis (*Molcho, Craig, Due, Pickett, Harel-fisch, Overpeck, and HBSC Bullying Writing group, 2009; Lee and Brotheridge, 2006*). Many factors contribute to this complex issue, but a protective factor against becoming a bully or a victim of it, is having confidence and believing in yourself. If we feel worthy and love ourselves, we don't feel the need to pick on others and can stand up against bullying.

Janet King – “Chief Kids Officer and Founder of Kids Now”, describes her personal journey with her “elite bully”.

Synopsis: Not too long ago I was asked to speak at a conference on bullying. I was compelled to confront the issue at its roots. What would I say?

There are many ways in which bullying is addressed, and as much as I appreciate the seriousness of the topic and the solutions, I was concerned about committing to yet another approach-to-reacting-to-bullies workshop. Not that these measures don't have merit – I wanted to make a difference in this critical arena, but in a proactive way.

And then, as I thought about what I would present, a transformational “AH-HA” moment happened in my life. I realized that I didn't need to go anywhere to find a topic. I would be the topic. I was a bully. And, I was finally at a place in my personal journey – with its many ups and downs – where I had the courage to admit that I was my own greatest bully. I had in fact, chosen to be bullied by me.

By bullying myself I am not referring to physical harm but to constant personal berating, such as, “I'm not good enough” or “I could have done this better.” I recognized that by being so achievement-oriented, I was an Elite Bully. WOW what a wakeup call!

I realised that for years I have spoken emphatically about the importance of believing in oneself but I wasn't really walking the talk. I had read countless books and created a program that reached thousands of kids, teaching them the importance of believing in themselves – but I was not really applying the message to my own life. I was harried, purposeful, and busy reaching out to others, but I was not reaching inwardly. I began to question... Did I believe in myself?

I decided to kick the bully gremlin off my shoulder, and started to work on the power of me – now.

Fast forward: I delivered a presentation that showed that I had taken a new and confident direction in my life's journey. It is empowering to know that feeling worthy is completely within my own grasp, and that this is dependent on my choices and attitudes, and that I still have a lot more to learn about how to enable myself, and those around me. While I continue working hard to stop “bullying me”, I'm excited about my realisation, not only for myself but because conveying positive action enables others to share the momentum, stand tall, and speak up against bullying in all its forms. This power is within each of us.

Kids Now offers free extracurricular learning programs to grade seven and eight students in middle schools across the province. The focus is on conflict resolution and bullying prevention, goal-setting, relationship-building, and other skill development opportunities. Visit www.kidsnowcanada.org.

At the Therapy Centre we help children, adolescents and adults gain confidence in themselves, provide them with the tools to shake off the “bully gremlin” and provide support around past and present bullying experiences.



**A Centre for Excellence
in Cognitive Behavioural and
Emotion Focused Therapy**

Summer
2015 **NEWSLETTER**

THE THERAPY CENTRE TEAM

Dr. Maria Antoniou, C. Psych
Clinical Psychologist

Mary Cook, M.Ed.
Therapist

Dr. Marla McGregor, C. Psych
Clinical and Rehabilitation Psychologist

Jackie Tapper-Atkinson, M.S.S. R.S.W.
Therapist

Dr. Kristen Moore, C. Psych
Psychologist (Supervised Practice)

Marianne O'Byrne, M.A., Ph.D.
(Candidate) Clinical Therapist

Sara Wolfe, R.D.
Dietitian

**WE OFFER VARIABLE RATES
AND FLEXIBLE HOURS
INCLUDING EVENINGS
AND WEEKENDS.**

**OUR SERVICES ARE COVERED
BY MOST HEALTH INSURANCE
PLANS THAT OFFER BENEFITS
FOR MENTAL HEALTH SERVICES.**

**TO INQUIRE ABOUT OUR
SERVICES AND SPECIALITIES,
PLEASE CONTACT US:**

main: (289) 291-0205

fax: (289) 291-0207

email: info@thetherapycentre.ca