

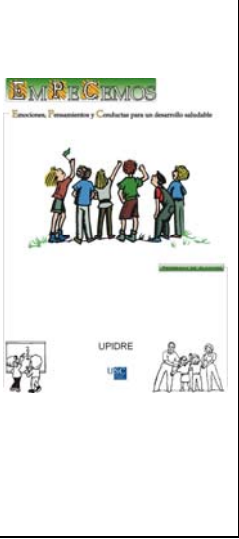
EmPeCemos:

Emociones, Pensamientos y Conductas para un desarrollo saludable

Children’s component

Programme’s structure:

The “EmPeCemos” children’s programme was designed to be put into practice in small groups of participants (max. 8-9 persons) during 12 weekly sessions of approx. 80 minutes each. The sessions are grouped in several modules, according to the issues they deal with, as shown on the following table:

“EmPeCemos” Programme For Children	
THEMATIC MODULES	DESCRIPTION
 <p>EMPECEMOS Emociones, Pensamientos y Conductas para un desarrollo saludable</p> <p>UPIDRE</p>	<p>EMOTIONS (5 sessions)</p> <p>In these sessions children learn how to identify their own emotions and the emotions of other persons and how to recognize antecedents and consequences of different emotions. Additionally, children train techniques to self-regulate negative emotional states, especially those related to anger and rage.</p>
	<p>COGNITIVE SKILLS (3 sessions)</p> <p>In these sessions children are taught skills to recognize other people’s points of view, assess other people’s behaviour correctly and solve problems systematically and rationally.</p>
	<p>SOCIAL SKILLS (2 sessions)</p> <p>In these sessions children learn skills related to empathy, non-verbal communication and friendship bounds.</p>

Additionally to these modules, the programme includes two more sessions aimed at presenting the programme and setting the rules and dynamics for group work and revising what the participants have learned, respectively.

Aims of the programme

The children’s component of the “EmPeCemos” Programme aims at promoting individual and social skills to self-regulate themselves and establish social relationships among children with problem behaviour.

Programme’s materials

- *Guide’s Handbook*
- *“Cards” and “Reminder notes” for the children*

Programme’s methodology

The training techniques to be used in this programme include brief explanations, sketches, trials during the sessions and the children’s application of learnt skills to their own specific problems at home and in school.

Evidences of effectiveness

The parents' component of the "EmPeCemos" Programme has been successfully applied in Galicia on a sample of 96 participants and was evaluated in successive studies funded by the Spanish Directorate-General of Scientific and Technical Research, the María José Jove Foundation and the Spanish National Plan on Drugs between academic years 2005/06 and 2007/08. Among the results we have obtained up to now, the following ones are worth a mention:

SUMMARY OF MAIN RESULTS													
Target population	7 to 10-years-old school children												
Programme's extension	19 weekly sessions												
Materials	Guide's Handbook and children's card												
Guides	Technicians trained by UDIPRE												
	<p>Marks on the Scale of Disruptive Disorders, fulfilled by teachers before and after applying the children's component</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Data from the Line Graph</caption> <thead> <tr> <th>Category</th> <th>Before</th> <th>After</th> </tr> </thead> <tbody> <tr> <td>Deficit of Attention Scale</td> <td>13</td> <td>10</td> </tr> <tr> <td>Hyperactivity-Impulsivity</td> <td>11</td> <td>8</td> </tr> <tr> <td>Negative-Defiant Behaviour</td> <td>8</td> <td>5</td> </tr> </tbody> </table>	Category	Before	After	Deficit of Attention Scale	13	10	Hyperactivity-Impulsivity	11	8	Negative-Defiant Behaviour	8	5
Category	Before	After											
Deficit of Attention Scale	13	10											
Hyperactivity-Impulsivity	11	8											
Negative-Defiant Behaviour	8	5											
Effectiveness	<ul style="list-style-type: none"> ➤ Reduction of problems related to deficit of attention ➤ Reduction of problems related to hyperactivity-impulsivity ➤ Reduction of negative-defiant behaviours ➤ Parents' and teachers' perception: improvement in children's ability to show concern about other people's feelings, to express gratitude, to be silent when necessary, to express complaints appropriately and to get on well with other people. 												
Further information	udipre@usc.es												