

Dungeons and Dragons Bravery Quest



Dates and Times

Starting **3:00pm – 5:00pm**



- **Session 1:** Term 3, Wk 1 - Tues 23rd July
- **Session 2:** Term 3, Wk 3 - Tues 6th August
- **Session 3:** Term 3, Wk 5 - Tues 20th August
- **Session 4:** Term 3, Wk 7 - Tues 3rd September
- **Session 5:** Term 3, Wk 9 - Tues 17th September
- **Session 6:** Term 4, Wk 1 - Tues 15th October
- **Session 7:** Term 4, Wk 3 - Tues 29th October
- **Session 8:** Term 4, Wk 5 - Tues 12th November
- **Session 9:** Term 4, Wk 7 - Tues 26th November

Meet in the HALL after signing in at the front office/s.
(Parents please be ready for collection from 4:45pm)*

**We are not able to give permission for students absence from scheduled classes. Please raise this with your class teacher or Student Wellbeing Leader if you would like further advice on this.*

To sign up

Please have your parent complete the Group therapy consent form and the school's incursion form. If you are over 18 you can complete this yourself! Please don't forget to tell us any sensory accommodations we can make so you are most comfortable!

Contact



Sasha Miles | *Clinical Psychologist*
sasha.miles@sa.gov.au
8309 3500

References

Australian Psychological Society. (2018). Evidence-based Psychological Interventions FOURTH EDITION ACKNOWLEDGEMENTS. (2018).
<https://psychology.org.au/getmedia/23c6a11b-2600-4e19-9a1d-6ff9c2f26fae/evidencebased-psych-interventions.pdf>.

Zhang, Q., Wang, J., & Neitzel, A. (2023). School-based Mental Health Interventions Targeting Depression or Anxiety: A Meta-analysis of Rigorous Randomized Controlled Trials for School-aged Children and Adolescents. *Journal of Youth & Adolescence*, 52(1), 195–217.
<https://doi.org/10.1007/s10964-022-01684-4>

About The group

Thank you for asking about the Dungeons and Dragons Bravery Quest! For those new to Dungeons and Dragons; Dungeons and Dragons is a role playing, multiplayer tabletop game where players create a character and explore a fantasy world with new friends. Each game is managed by an experienced player, we call them the Dungeon Master (DM).

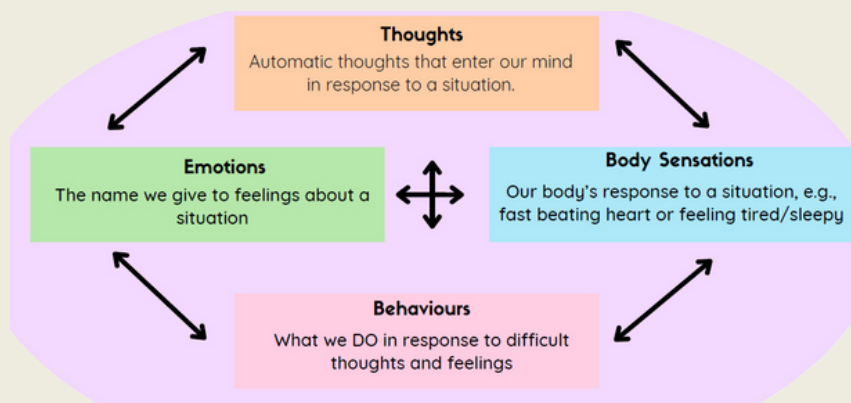
Why is it called a Bravery Quest?

In each session OAC Psychologist/s will teach you a 'bravery skill.' Then we ask you to practice these skills in the game as your character and with the support of the DM. You also get rewarded with points you can use in the game when you demonstrate the skills!

The Bravery skills component of the group is based on Cognitive Behaviour Therapy (or CBT for short!). We know that CBT works really well in helping young people recover from anxiety (Australian Psychological Society, 2018) and works great in a group (Zhang et al. 2023). The creator of our group has worked hard to make sure the group is true CBT but works with Dungeons and Dragons gameplay (aka is actually fun!).

What will we learn?

CBT works by combining thinking and doing strategies.



We will be giving you strategies to:

- Challenge unhelpful thoughts
- Calm down body symptoms

But the best part is we get to try new things, make friends and support each other through play!

