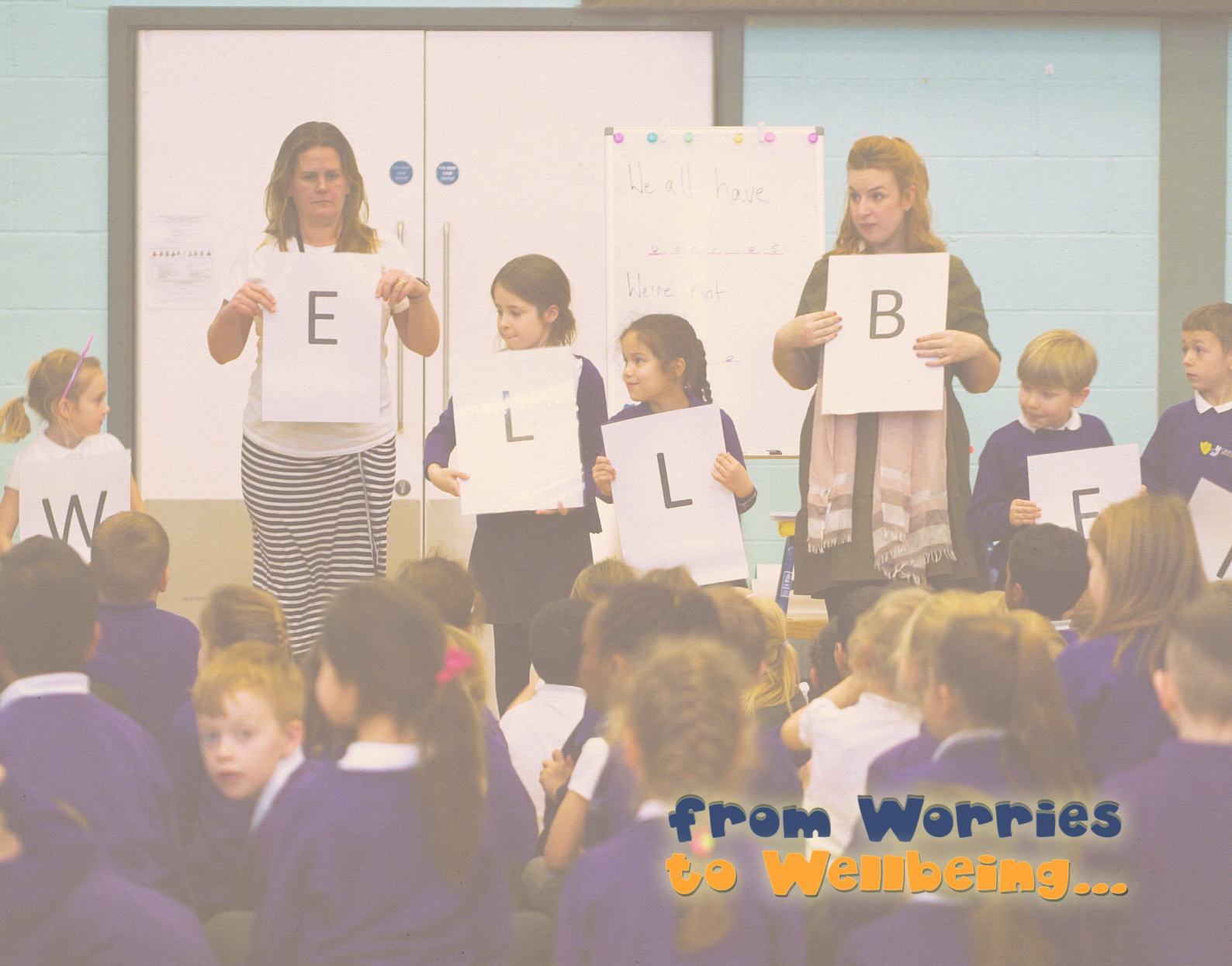


# EVALUATION REPORT 2021

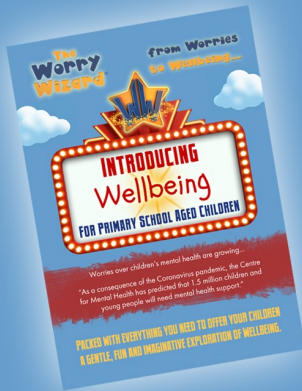


from Worries  
to Wellbeing...



Nurturing emotional connection between children, young people and adults, to enable the move from Worries to Wellbeing. In school, at home, in the Community.

---



A low input, high impact entry level programme, packed with everything schools and community groups need to offer their children a gentle, fun and imaginative exploration of Wellbeing. Designed to be used without any need for external facilitation, Introducing Wellbeing helps adults and children embark on an exciting journey together to understand what Wellbeing is and how you can support it.

---



Combining the therapeutic approach of The Worry Wizard with Bigfoot's creative approach to education, this range of programmes uses drama as a vehicle to positively impact children's mental health. Each programme uses creative activities to spark Curiosity about mental health and Wellbeing, working to increase not just the emotional literacy of each individual but the collective emotional literacy of the Community they are part of.

---

WELLBEING  
~~WORK~~  
FUNSHOPS

Wellbeing Funshops are a gentle, fun and imaginative way for adults to connect together with their child, or the children in their care, in a safe space. Facilitated by The Worry Wizard and her team, each Funshop is packed with activities that consciously nurture emotional connection, help to open up new conversation pathways around mental health and Wellbeing and enable a child to develop tools to manage their Worries and support their Wellbeing.

---



Together Not Alone is our brand new animation and toolkit designed to support children and adults to explore key themes in grief and loss in a gentle and imaginative way. This free to all resource was developed in partnership with Reuben's Retreat and Rose's Way Foundation with generous funding from Cheshire Community Foundation.

# Our Impact

Our mission was for

25,000

children and young people  
to actively engage with  
their Wellbeing through  
The Worry Wizard  
content by 2023

The Covid-19 pandemic has  
had a devastating impact on  
children's mental health and  
Wellbeing.

The Worry  
Wizard got



The Worry Wizard has now  
smashed our target and helped over 30,000  
children actively engage with their Wellbeing.



We believe it takes a Community  
to help a child's Wellbeing shine.  
Thank you for being part of ours.

Wellbeing wishes,  
Amy, The Worry Wizard





# INTRODUCING Wellbeing

FOR PRIMARY SCHOOL AGED CHILDREN

We are helping children move **from Worries to Wellbeing... together.**

Introducing Wellbeing is a gentle, fun and imaginative programme offering a whole school approach to mental health and Wellbeing. Children are encouraged to develop a lively curiosity in their Wellbeing underpinned by an active determination to support it.

## Progress Update

From a launch in late 2020, **61** schools have now been provided with the programme.

This means that we are helping over **14,000** children's Wellbeing shine!

"I've already seen a big difference in children being willing to talk about their worries. I'm aware of at least 3 examples of children (quite shy children) who have shared really important worries that they may have not have done without the Worry Wizard - it's brilliant!"

- Headteacher

## Offering A Whole School Approach to Mental Health and Wellbeing

"A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing."  
- Anna Freud  
National Centre for Children and Families.



Proud to be a Worry Wizard school

Introducing Wellbeing responds to research which indicates the efficacy of the whole school or group approach to addressing mental health and wellbeing for children. The programme focuses on supporting children to feel more confident in managing their own Wellbeing which, in turn, helps adults to feel more confident about identifying and spotting higher level needs earlier.

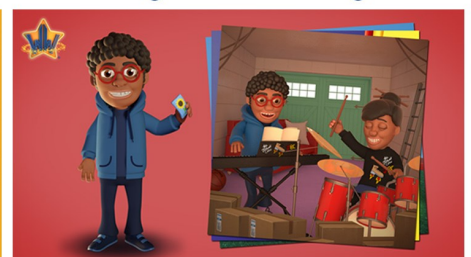
## Introducing Wellbeing focuses on key therapeutic messages including:



Everyone has Worries.



Talking to someone you trust about your feelings can really help you.

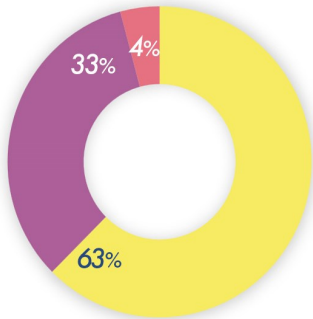


You need to look after your Wellbeing every single day.

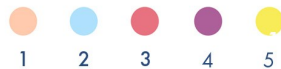
# Introducing Wellbeing.

## The Worry Wizard Programme for Primary School Children.

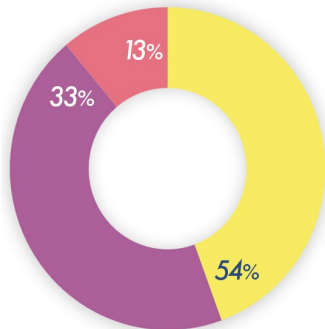
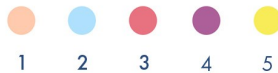
Feedback from schools using the programme continues to be strong:



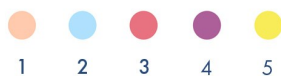
I see an increase in pupil awareness of the factors that influence Wellbeing (On a scale of 1 to 5 with 5 being the highest rating)



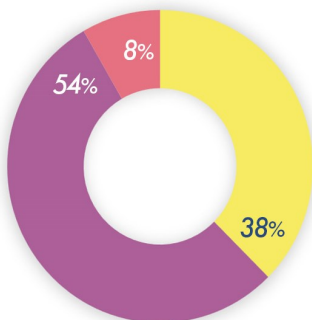
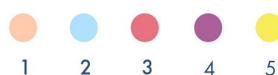
We are noticing positive improvements in children's emotional literacy in response to our Worry Wizard work (On a scale of 1 to 5 with 5 being the highest rating)



The children look forward to/enjoy The Worry Wizard lessons and are well engaged (On a scale of 1 to 5 with 5 being the highest rating)



The programme has given me tools and increased my confidence to hold conversations with the children about emotional wellbeing (On a scale of 1 to 5 with 5 being the highest rating)



We are seeking to strengthen connection with all those supporting children's mental health and wellbeing, in recognition that a joined-up approach benefits not just the child but also the adults caring for them.

"Having The Worry Wizard in my daughter's school has been amazing. Not only does it help her at school but it's helping us at home as she comes home excited telling us about the exciting things she's doing at school then it helps us all as we are talking about it as a family. Family time with well-being included, just perfect."

Parent.



"The Worry Wizard has injected fun ways to promote wellbeing into many of our primary schools, helping children to manage their own feelings and giving teachers, parents and sports coaches the tools to have meaningful conversations with young people about good wellbeing."

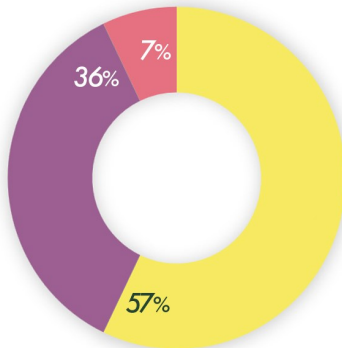
Children's Commissioning Project Manager.



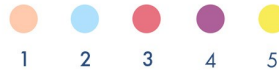
**100%** OF RESPONDENTS AGREE THAT THE WORRY WIZARD CONTRIBUTES TO CREATING A RESPECTFUL AND NURTURING ENVIRONMENT.

# Training Feedback

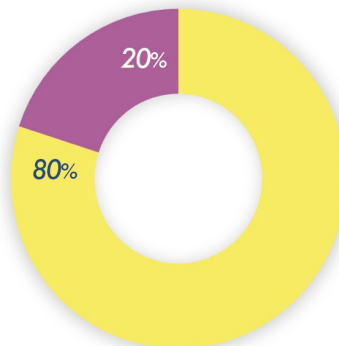
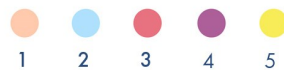
In response to positive feedback from training attendees, we are increasing our offer of staff induction/training and encouraging networking to support staff across our school cohorts.



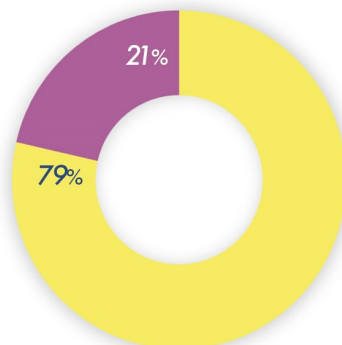
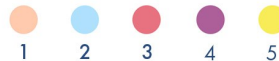
The training gave me a good understanding of The Worry Wizard programme and how to apply it (On a scale of 1 to 5 with 5 being the highest rating)



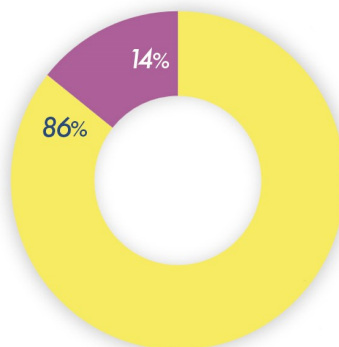
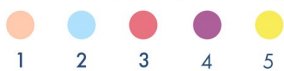
The training has influenced how I will engage children & young people about Worries and Wellbeing (On a scale of 1 to 5 with 5 being the highest rating)



Following the training, I understand the therapeutic approach that The Worry Wizard is built on (On a scale of 1 to 5 with 5 being the highest rating)



I felt the training gave me a good sense of how the programme fits with government OFSTED guidance on wellbeing (On a scale of 1 to 5 with 5 being the highest rating)



"I really enjoyed the training & feel able to deliver the materials whilst holding the therapeutic approaches in mind. It is useful to provide this level of input so that all staff understand the principles and it becomes a part of the ethos rather than a lesson to squeeze in!"



Ensuring professionals using our programme have a positive experience, is key to our work.

"I really love the fun element of the training and how we can make learning about feelings enjoyable, keeping the children safe."



**100% OF RESPONDENTS NOTICE POSITIVE IMPROVEMENTS IN CHILDREN'S EMOTIONAL LITERACY IN RESPONSE TO THEIR WORRY WIZARD WORK.**

# The Steps that We Have Taken... Responding to Our Schools



We are working hard to support children to feel more confident in managing their own Wellbeing. Their participation in the development of The Worry Wizard is key to this.

## Special welcome back to school, September 2021. 'Design Your Very Own Worry Wizard Stickers' competition

Children were invited to enter our 'Design Your Very Own Worry Wizard Stickers' competition. The entries were judged by Amy Smythe, The Worry Wizard, and Chay Hawes, Chief Doodler.

The standards of entry were so strong that over 30 winners were selected. Each winner received a set of their very own stickers.

Their entries inspired the final sticker designs.



Calling all Worry Wizards. The Worry Wizard needs your help! Please help us to design our brand-new Wellbeing Shine Champion stickers. Imaginations at the ready!

In your neatest writing  
Full Name ..... Age .....

School .....

Draw your design in here.

Actual stickers will be this size.

The Worry Wizard needs stickers that celebrate Wellbeing shine. Has someone been kind? Has someone been caring? Let's give them a sticker. Has someone used their Wellbeing Qualities? (check your Worry Wizard poster to help with this). Let's give them a sticker. Each winner will receive their very own set of stickers.

[www.TheWorryWizard.com](http://www.TheWorryWizard.com)

© The Worry Wizard Ltd.

## The Steps that We Have Taken... Responding to Our Schools

"My pupils are asking me to buy more stickers, so they can hand them out too. They are taking over! The packs are super, we love the badges and working as a group on the activities."

- Headteacher.

## Brand-new Wellbeing Shine Champion Welcome Packs

Many of our Worry Wizard schools have identified Wellbeing Champions in their school Community. These are children who go out of their way to help the Wellbeing of their whole school shine!

We have had wonderful chats with the children in our Worry Wizard schools and they have had amazing ideas about how to support their school's Wellbeing. In response to that and with the participation of many of the children we work with, we have developed our Worry Wizard Wellbeing Shine Champion Welcome Pack.


This pack contains lots of wonderful resources to help a child engage with their Wellbeing and begin to support the Wellbeing of others.

We are delighted to hear that they are helping to sprinkle Wellbeing magic around our schools.



"Our children love The Worry Wizard and are gaining a great deal from it. The Worry Wizard has come at such a pertinent time when our children are feeling more anxious and appear to have more Worries on their shoulders than ever before. This is certainly the time that they need wonderful strategies like this to help them articulate all their anxieties and concerns."

Headteacher.

"  seems to have really settled into school now with a strong friendship group. She still has her wobbles, but the strength you gave her and tools you taught have been used numerous times... Thank you for helping her at a very tricky time."

Parent.

Developing  
a Shared  
Language



# Active Tameside roll-out of Activate Your Wellbeing as part of their parks programme.

## The Challenge

Active Tameside wanted to incorporate Introducing Wellbeing into their PE lessons.



## Our Solution

Active Tameside funded The Worry Wizard to develop new mental health and wellbeing content for their sports and dance coaches to use when delivering PE lessons.

At The Worry Wizard, we continually work to develop our therapeutic resources to ensure they meet the needs of the children we are supporting.

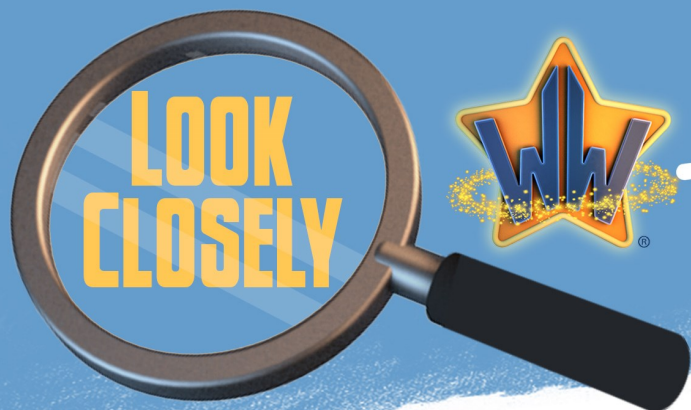
Activate Your Wellbeing, our newly developed programme, responds to the different environments Active Tameside work within and the specific needs of the children they support.



"Our sports/dance coaches have found it very useful and integrated the content into their PE lessons. [Having The Worry Wizard] also gives them access to some really good resources."

- Gavin Brown, Head of Active Education.





From one day assembly\* + workshop programmes, to 12 week in school residencies, The Worry Wizard + Bigfoot Arts Education programmes offer schools a wonderful way to focus on the emotional health and Wellbeing of their whole school Community. Each programme establishes a creative and safe environment in which children explore what it means to be mentally healthy and begin to establish patterns of healthy mental, emotional, social and physical Wellbeing which can sustain them into adult life.

\* Adapted in line with Schools COVID-19 operational guidance.

### Feedback from 2020-2021



#### Assembly Rating



#### Did It Meet Expectations?



#### Has The Subject Been Enhanced?



#### Programme Rating



#### Workshop Rating



*'A brilliant workshop which engaged all pupils from Foundation Stage to Key Stage 1. Fantastic, entertaining and informative. All children had fun in a safe non-threatening environment and the message was clearly understood by the pupils. Also some useful CPD for the staff.'*

Grange Lane Infant Academy, Doncaster.



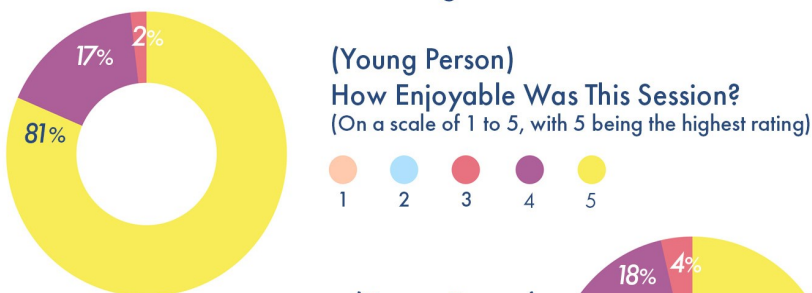
*'Thank you for the fantastic workshop . As mental health and wellbeing is becoming more prevalent, it can be a difficult concept for children to understand. I found the content very child friendly. The interactive element kept children engaged too.'*

Bankfoot Primary, West Yorkshire.



# WELLBEING ~~WORK~~ FUNSHOPS

Worries can leave a child feeling horribly alone. This feeling is often shared by the adults wanting to support them. The Worry Wizard seeks to combat these feelings by offering a warm, supportive Community. The Worry Wizard Funshops provide a soft landing place for parents/carers to nurture emotional connection with their child, enabling the move from Worries to Wellbeing.



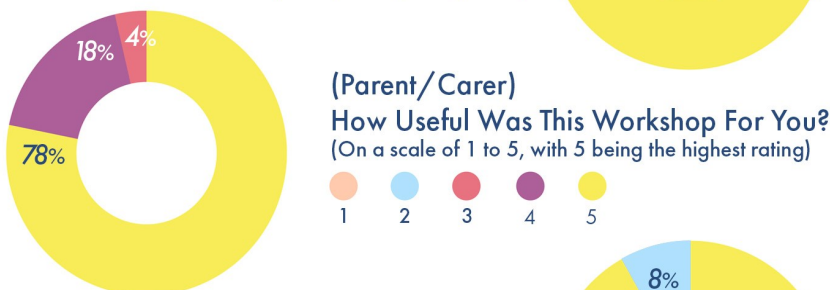
Due to the pandemic, we have been unable to run any Funshops during 2021. However, we look forward to restarting our Funshops in 2022. We plan to deliver them both in school settings and the Community.

We are particularly excited about directly supporting/training our child Wellbeing Shine Champions so they feel strengthened to help their school Wellbeing shine.



*"Myself and my son really got a lot out of coming to the session. As difficult as he finds it to participate in group activities, he managed to dip in and out, and you and your team were so understanding about his difficulties and made us feel so welcome and at ease when he was struggling so much. I felt we really had a couple of break through moments as he told me a bit about how he feels about himself, and we went away with lots of ideas of how to help him going forward. Thank you so much."*

Parent




*"Before I went I was worried and nervous but as soon as I met Amy The Worry Wizard I felt a lot better...I'm really glad I went because I do the Worry Wiggle and the Warrior Cry every night when my worries won't go away and it really helps me. You should try it, it is AMAZING!"*

Child, Age 9

# Together Not Alone The Release of our Brand-New Animation

On World Mental Health Day, 2021, we released our short animation, Together Not Alone, and accompanying Toolkit.



Together Not Alone and accompanying  have both been made possible due to generous funding provided by the Cheshire Community Foundation. In partnership with the wonderful charities, Reuben's Retreat and Rose's Way Foundation, The Worry Wizard® has created a resource that will allow children and adults a gentle and imaginative way to explore key themes in grief and loss. This is a free-to-all resource. We hope it will help to nurture emotional connection between you and your child or the children in your care.



CHESHIRE  
COMMUNITY  
FOUNDATION

We are in this **together**



We are pleased with the feedback we are receiving for Together Not Alone and are delighted that 'Together Not Alone' is beginning to reach the children and adults who need it most.

"Together Not Alone is invaluable. One of our children experienced a few close family bereavements in a very short space of time. We showed him the animation and used the Toolkit with him. It made such a difference, not just to him but to his whole class because he had the support he needed."

- Primary School Teacher.

"This is a fantastic resource for families to access...Families often feedback that they do not know how to start the conversations as they are unsure of what to say and 'they just want to get it right'. This resource will also be a fantastic opportunity in an age-appropriate way for siblings and children to express their feelings and emotions through alternative methods of expression, for example through art."

- Palliative Care Lead Nurse, Northern Care Alliance.

"I'm actually lost for words...my son and I sat and watched Together Not Alone and did some of the activities. He's been very closed off recently with his ability to speak...and has been having outbursts of emotions all at once. Last night we sat, we talked and he shared...he's spoken and I will help him through this...I'm not sure who they helped more if I'm honest, him or me."

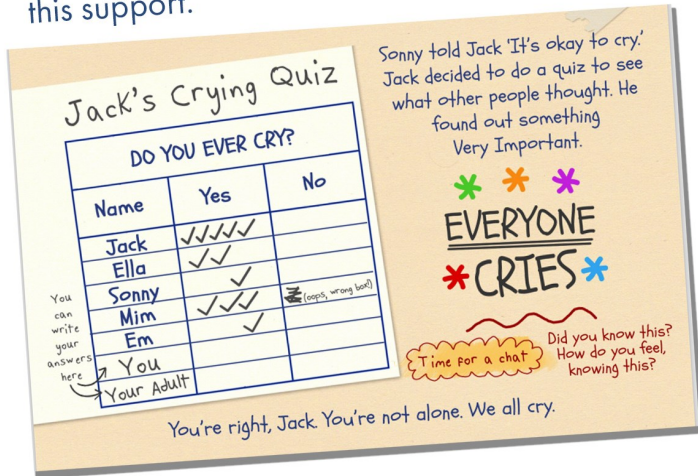
- Parent.

We know there is work still to be done.

# Developing Our Work

## The Challenge

Whilst there is increasing awareness of the need to support children to share gentle and honest conversations about grief and loss, particularly in light of the Covid-19 pandemic, adults can feel deeply unsure about how best to do this. Research indicates the efficacy of the whole school or group approach to addressing mental health and Wellbeing for children (Anna Freud National Centre for Children and Families). Yet, even in schools adopting a whole school approach, many choose to opt for a 1-2-1 or small group approach to exploring grief and loss with a child. And, crucially, only those children who are known to have experienced a significant loss will be offered this support.



Children may experience many different types of grief and loss during childhood such as the loss of a much-loved possession, a good friend moving away, parents separating, the death of a pet, the death of a loved one. At The Worry Wizard, we believe it is essential to allow ALL children a gentle and imaginative way to explore key themes in grief and loss, together. We are working hard to support this to happen.



## Our Solution

### Bigfoot Arts Education – a Drama-based Creative Approach to Mental Health and Wellbeing

We have partnered with Bigfoot Arts Education to create a drama-based, creative and fun workshop that supports children to begin to share open and honest conversations about grief and loss, drawing out key themes from our animation, Together Not Alone.

This brand-new workshop, **Here for You**, explores ideas such as, there are many different types of grief and loss, we all have a role to play in supporting those we care about when they are grieving, it is okay to cry and when we are gentle and kind to our friends, they are less likely to feel alone.



#### Learning Objectives:

- To safely join together and share thoughts and feelings with each other.
- To recognise that grief is totally natural and to begin to speak about it.
- To understand that it can be difficult to speak from your heart, but gentleness and kindness can support this.

#### Learning Outcomes:

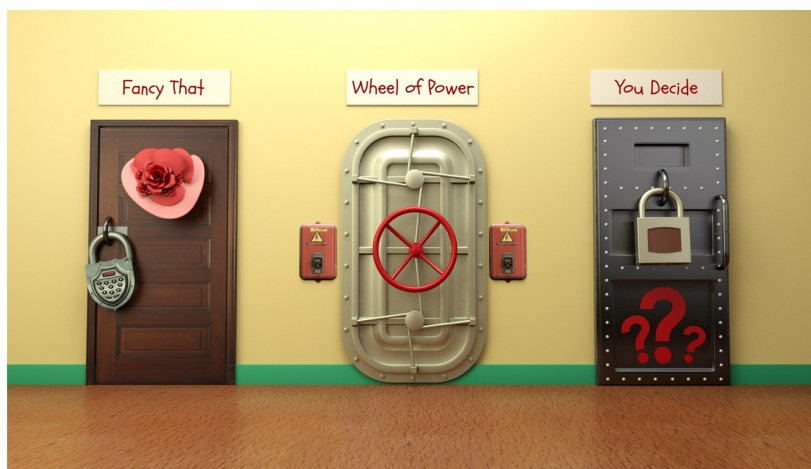
- I know what supports me to share my thoughts and feelings with others.
- I know that grief is totally natural and that speaking about it can be helpful.
- I have thought about different ways to be a Here Friend and I will keep being gentle and kind in the friendships that I have.

We look forward to taking **Here for You** into schools and the Community and continuing to develop this very important conversation.

## Next Steps

# 100% OF RESPONDENTS VALUE THE ADDITIONAL RESOURCES PROVIDED BY THE WORRY WIZARD IN MONTHLY UPDATES.

In 2022, as well as the additional resources provided by The Worry Wizard in monthly updates, we are excited to announce...The Worry Vault - a whole new set of lesson plans with fully animated assembly. It is time to step inside...The Worry Vault.



"Deep inside Treetop Cottage, the home of The Worry Wizard, is The Worry Vault.

This is where The Worry Wizard keeps your Worries locked away and busy so you can get on with doing what you want to do."

Supporting children to continue to develop their shared language to explore Worries and Wellbeing, The Worry Vault will build upon key therapeutic messages first learned in Introducing Wellbeing. The programme will encourage children to get curious about their Wellbeing and discover new ways to support it, ensuring they feel more confident to manage their own Wellbeing and respond to the Wellbeing needs of others. Feedback received for Introducing Wellbeing suggests it supported professionals to identify and support children's mental health needs earlier; the content of The Worry Vault will work to build on this.

- As well as releasing The Worry Vault, The Worry Wizard will be focusing on developing content for both Early Years Foundation Stage and also the final years of Key Stage 2.
- Following the success of the 'Design Your Very Own Worry Wizard Stickers' competition, children will be invited to help develop further Worry Wizard therapeutic materials.
- Focus this year will be on embedding the programme into the Community of each Worry Wizard school.
- The Worry Wizard will continue to provide support to engage parents/families and activities which can be taken home, helping our schools to build healthy, strong and protective relationships with their children and families.
- We cannot wait to introduce My Wellbeing Funpack in 2022. My Wellbeing Funpack is crammed with fun and imaginative 'therapeutic ingredients' designed to nurture emotional connection and develop emotional literacy in a gentle, fun and imaginative way.



Thank you so much for your support.

Wellbeing wishes,  
The Worry Wizard



together  
We are helping  
children's Wellbeing  
shine!



# THERAPEUTIC APPROACH

*'70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.'*

(Mental Health Foundation, 2016)

I frequently witness the consequences that arise from delayed intervention both for the child but also for those who care about them. I am keenly aware that the scale and duration of help required is significantly reduced if the need for assistance is identified earlier. I firmly believe it is possible to support children and young people to share their Worries long before they would otherwise need to enter a counselling room. It is for this reason that I created The Worry Wizard.

Here are the key models which inform both my practise as an Integrative Counsellor and Psychotherapist and my writing for The Worry Wizard:

## Cognitive Behavioural Therapy (CBT)

Studies show the effectiveness of using CBT to support children's mental health, particularly in relation to anxiety. Worry Wizard activities encourage children and their key adults to explore the relationship between thoughts, feelings and behaviours. What is a character thinking? How are they feeling? What are they choosing to do? Children are supported to notice how thoughts, feelings and actions or behaviours are interlinked and how each can contribute to a character's difficulties. They are then encouraged to consider alternative ways the character could think, feel or behave. It may then feel possible to direct these questions to themselves.







# THERAPEUTIC APPROACH

## Narrative Approaches

Narrative Therapy centres people as experts in their own lives.

*'It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives.'*

(Morgan, 2000: 2)

Each Worry Wizard activity seeks to place *'children centrally in their relational contexts, forefronting their voices, their play, their dilemmas, their stories...'* (Burck, 2005, xiii)

The Worry Wizard helps children to develop their understanding of themselves, their emotional world and their resources. For many children, it is easier to explore the thoughts, feelings and actions of a character in a story than it is to explore their own. Some children may feel unable to connect with their own emotional world or share their thoughts and feelings within a Worry Wizard session.

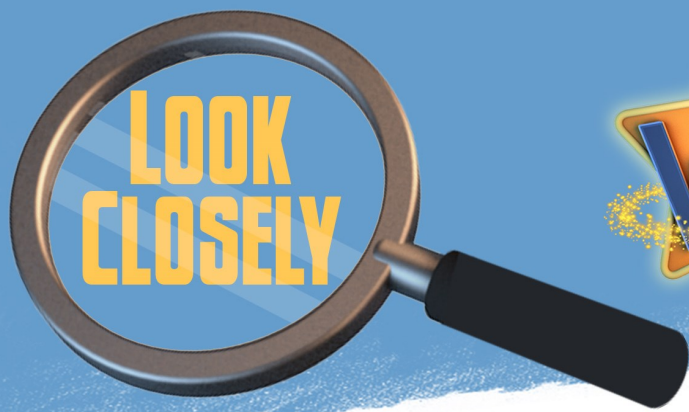
*'Remember that, by and large, children choose metaphor and story as their natural language for feeling, and do so because its indirect expression offers them protection.'* (Sunderland, 2000: 85)

*'Children and stories go together'* (Smith, 2005: 65). Stories are shared of other Worry Wizards who may have experienced similar thoughts or feelings to the children attending. Children become intrigued by these characters and invested in how they cope with the situations they are faced with. Learning about others who face similar struggles and help themselves move to a more comfortable place introduces the idea that things can get better for you just as they did for the character in the story.



***'...Well delivered through characters to make it even safer for children who may be feeling vulnerable...'***

(Alverton Community Primary, Northallerton.)



# THERAPEUTIC APPROACH

## Relational Approach

*'Relations between people are the basis of social and individual life and relational concepts are used to understand human life in all its complexity.'* (Paul and Pelham, 2000: 110)



Children do not stand alone, they exist within many systems. To ensure long-term, meaningful change in a child's Wellbeing, it is essential to support children and those who care for them in each of these systems to develop a shared language to explore Worries and Wellbeing. When all key adults around a child are supported to gain a greater insight into the child's emotional world, they are better equipped to support it.

Principles that underpin relationship are key to each Worry Wizard programme. These include:



- We are social beings. Without relationship we do not develop... As human animals we need warm, caring relationships to grow. With such relationships we are more likely to be happy and fulfilled. Without such relationships we are likely to be unhappy, cope less well with stress, and form less productive relationships in adulthood.
- We have a built-in propensity to grow to our full potential.
- We are born in and grow through relationships. We learn in relationship to our primary caregivers in early life. Through our relationships with friends, family and others in adulthood we learn and are fulfilled.
- Our ability to resolve practical problems is often facilitated when we can access our own internal resources. (Paul and Charura, 2015: 77)

Relationship is critical to both the content and the delivery of The Worry Wizard. This is why all content is designed to be delivered, wherever possible, by the key adults in a child's life. It can be truly transformative for a child to experience having their emotional world, heard, valued and held, for them to experience that their thoughts and feelings matter. The Worry Wizard nurtures emotional connection between children, young people and adults in the knowledge that it can positively impact the child's mental health and Wellbeing in that moment but also in their future.

Whilst training can be provided, detailed guidance is included with each activity so school and Community groups can provide their own delivery. I do work with a school lead to provide remote support; the feedback to date affirms that this method of delivery is achieving its aims. To illuminate how The Worry Wizard resources incorporate key therapeutic ideas and support adults to deliver activities with no prior training, I include a couple of examples for you here.



## LESSON ONE

Be Here. Be You. Belong. *Brené Brown*



### Active-ity

**ACTIVITY:** 'Together' Tag (also known as Hot Dog tag)

**ACTIVITY LENGTH:** 10 minutes.

**MATERIALS REQUIRED:** No materials but space to run around is essential.

**ACTIVITY OUTLINE:** A game of tag but one that requires players to work together to be freed.

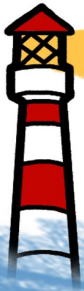
**WELLBEING QUALITIES:** Action, Community, Compassion.

**INSTRUCTIONS:** A game of tag (choose one or two taggers) but one that requires the tagged person to lie on the ground with their arms and legs straight, as though they are a hotdog. In order to be freed, two other players must come and lie on either side and be their hotdog buns. When both sides of the bun are present the hot dog buns high five each other and all three players shout 'together'. All three players then stand and continue to run away from the taggers. Players cannot be tagged when they are lying down beside a hotdog. Once a player has chosen to lie down next to a hotdog they cannot get up until the hotdog has been freed. If you need to get all players back in the game you can shout, "Everyone up!"

**THERAPEUTIC PURPOSE:** To offer a gentle and fun way of exploring the concepts of being alone and working together.

**SHARED LANGUAGE FOR EXPLORING WORRIES AND WELLBEING:** (To people who were tagged). How did it feel to be lying alone on the floor? What did it feel like when someone lay next to you? (To people who were hotdog buns). What did it feel like to go and help a hotdog? (The language of this is deliberately funny. It is intended to ease the process of talking about feelings.)

# Worry Wizard Sample Key Thoughts Sheet



"Shine a lighthouse smile around the group..."

Remind children that the light from a Lighthouse shines in order to protect people.

It shines in a friendly way, helping everyone that is near it."

- Murray White, Magic Circles.  
London: Sage Publications Inc, 2009.

"How a child is greeted will directly influence how they value themselves. Children are often in a state of high alert entering a new situation with new people, frantically seeking affirmation of their value. Creating a safe space for children to sit together and explore Worries and Wellbeing is crucial to The Worry Wizard. All Worry Wizard activities begin with supporting children to discover a way of greeting each other that helps to strengthen connection and affirms the importance and value of each group member."

- The Worry Wizard,  
2020.



"Does your face light up?  
(When a child enters the room).  
Let your face speak what is in your

# heart.

That is what a child  
is looking for."

- Toni Morrison,  
Oprah Winfrey  
Network,  
2011.



"Only a child who feels safe  
dares to grow forward healthily.  
His **safety** needs must be gratified."

physiological

- Maslow, A. (1955). *Toward a Psychology of Being*. New York: Van Nostrand Reinhold.