



To Whom It May Concern

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Our reference FV/lp/081120  
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Dear Sir, Madam,

By developing the FRIENDS for Life protocol (for resilience and anxiety prevention in children and youngsters) professor Paula Barrett -as a psychologist - has a substantial impact on the cognitive behavioural treatment and prevention of anxiety and depression in children and adolescents for child psychiatrists and psychologists in the Netherlands.

Professor Barrett went to work with our hospital and university twice: once in 1995 for 2 weeks and again in 1998 for another 2 weeks. Her work involved cooperating on the Dutch translations of the Friends Programs, presenting training seminars and planning joint research. The working association of professor Barrett with our team has been very positive, professional and fruitful. We have invited her to visit our team again next year to work on the preschool version Fun Friends and plan future translations and research.

Dr. Utens attended her presentations in the World Congress of Behaviour Therapy last year in Spain and these professional lectures were very well received.

We find professor Barrett to be knowledgeable and genuine passionate about the well being of children. Professor Barrett is happy to share knowledge and to mentor our team on working with the FRIENDS materials. We have had a very positive working relationship for many years.

Our joint work over the years has had a very positive impact and benefited hundreds of children in the Netherlands.

In a multicentered randomized controlled clinical trial the FRIENDS for Life protocol appeared to be efficacious and has been validated in a large sample of anxiety disordered children (Liber et al., J Child Psychol Psychiatry. 2008 Aug;49(8):886-93.).

The protocol is being used in the Netherlands on a large scale by child psychiatrists and psychologists.

Furthermore, as to the preventive aspect:

Last year the City Council of Rotterdam decided that FRIENDS is to be used in each centre for youngsters and family in Rotterdam. This political decision was unique for the Netherlands. The Dutch largest prevention centre CONTEXT is now implementing FRIENDS now in more than 25 schools in the surroundings of Rotterdam.

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Accessible by taking tram 8,  
bus 44 or the Caland line metro  
(Dijkzigt stop).

FRIENDS for LIFE is now being used on an increasingly large national scale in elementary and secondary schools in the Netherlands.

Considering the above, in addition to all other international achievements of professor Paula Barrett, we are of the opinion she has made a very significant contribution to the field.

Yours Sincerely,

Also on behalf of Dr E. Utens, child psychologist,



Prof. dr. F. Verhulst, child psychiatrist  
Erasmus University Medical Centre