

Is your child experiencing fears and worries?

Aim of the program

To teach parents/carers cognitive behavioural therapy strategies to use with their child to help them overcome difficulties with anxiety.

Who?

Parents / carers of children aged 5-12 who are presenting with symptoms of anxiety.

Where?

Currently running in your child's primary school

How?

Face to face sessions and telephone sessions. Sessions accompanied by reading and handouts.

Topics Covered

- How is anxiety maintained?
- Goal Setting.
- Exploring child's anxious thoughts.
- Promoting independence.
- Identifying rewards.
- Creating a step-by-step plan to face anxieties.
- Reviewing predictions and progress.
- Problem solving approach.
- Planning for the future.

Session Overview

Initial Assessment

Session 1-3 - Face to face session.

Session 4 - Telephone contact.

Session 5 - Face to face session.

Session 6 - Telephone contact.

Follow up appointment.

If you are interested, please contact Mrs. Schofield at school.