

## Who?

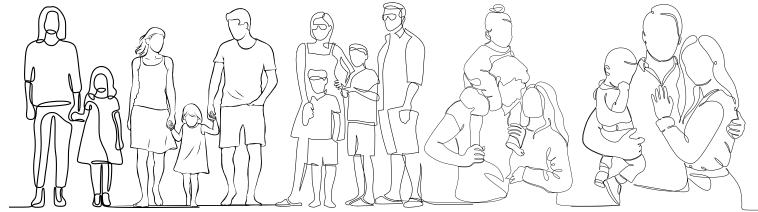
Parents / carers of children aged 5-12 who are presenting with signs of anxiety.

## Where?

Currently running alongside our Trailblazer schools in Hartlepool and Billingham.

## How?

Either one to one or group sessions with other parents. Both face to face and remote sessions (telephone / online). Sessions accompanied by reading and handouts.



## Aim of the programme

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

## 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

## Why parents and carers?

- You know your children best and can help to encourage and motivate them to face fears.
- To provide support between sessions as well as longer term after the end of the programme.
- It helps you to become aware of any factors that may be maintaining and reinforcing anxious beliefs and behaviours.
- To discuss how to apply CBT techniques to individual family circumstances.
- Research shows treatment just as effective as working directly with the child.

## Session Overview

- **Initial Assessment**
- **Session 1 - 3**
- **Session 4: Telephone Check in**
- *1 week break*
- **Session 5**
- *1 week break*
- **Session 6: Telephone Check in**
- *4 week break*
- **Follow up Appointment**

If you are interested contact your schools mental health lead.

## Contact us:

Telephone: 0800 038 5756

[cypfamilies@alliancepsychology.com](mailto:cypfamilies@alliancepsychology.com)