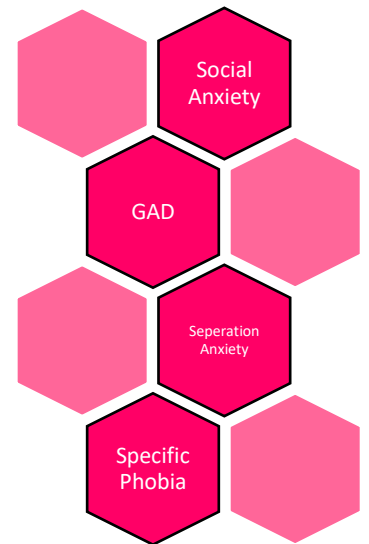
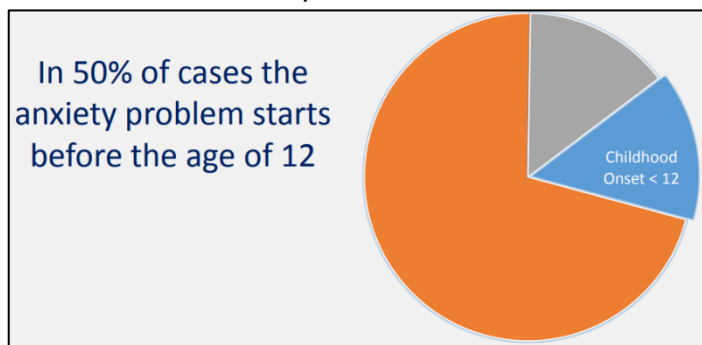


HELPING YOUR CHILD WITH FEARS & WORRIES

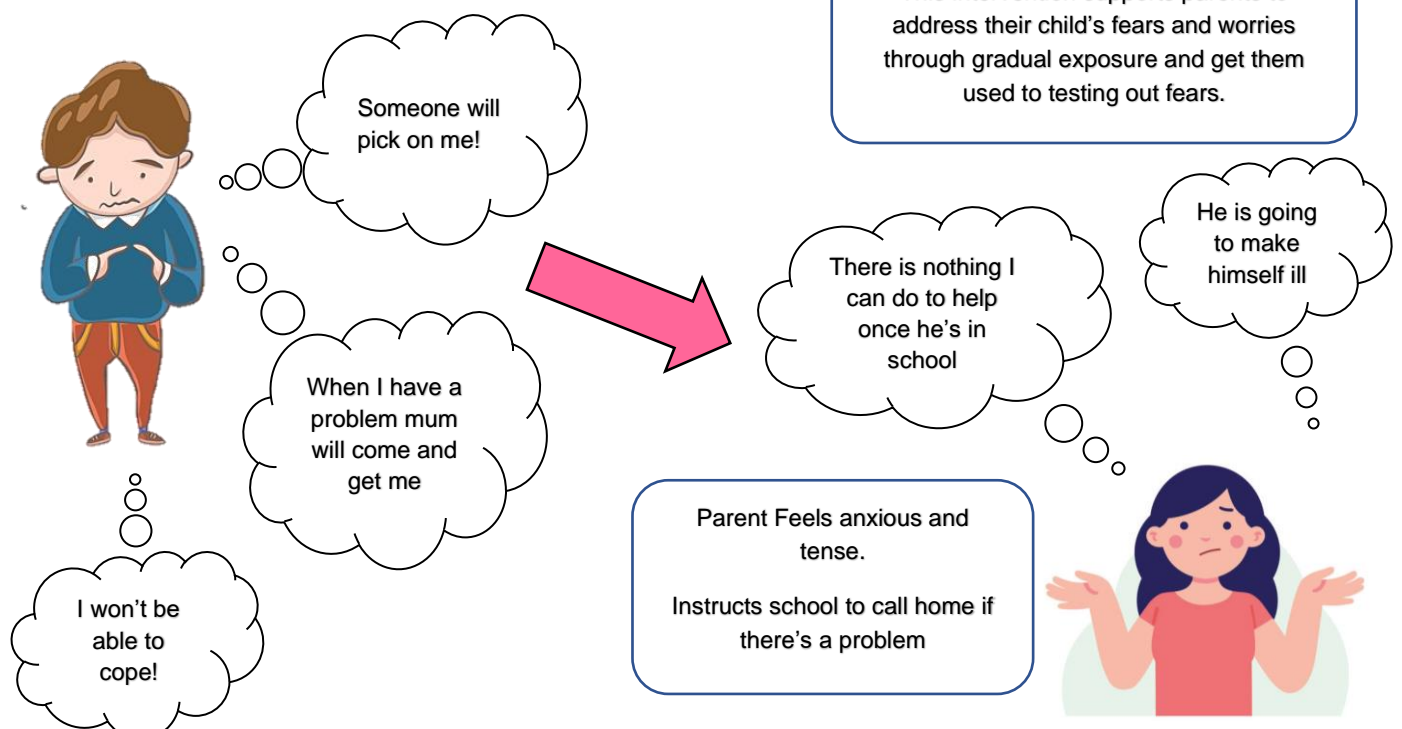
The aim of this guided parent-delivered programme is to teach parents cognitive behavioural strategies and to empower them to use them with their child to overcome difficulties with anxiety by supporting them to work through the accompanying book. The programme consists of four face-to-face and two telephone contacts with parents over an eight-week period. Work is conducted solely via parents after an initial assessment that would involve the child and parent.



Fears and worries are very common among children with around 15% thought to suffer from anxiety disorders: the most identified emotional or behavioural problems among children. However, if left unchecked, they can cause more serious problems such as school avoidance, difficulties in making friends and long-term problems with anxiety and low mood.

How can this intervention support my child?

Example situation: In the morning before school...



No single factor causes anxiety, but there are certain things that may contribute to its development and maintenance.

We can help a child to be less anxious by trying to change some of the things which may be contributing to unhelpful maintenance cycles.

Parents are well placed to support these changes and have an important and positive role to play.

Brief Overview of Sessions:

Assessment completed prior to treatment beginning

Session 1 Face to face (1 hour)	<ul style="list-style-type: none">• Why CBT?• Why parental approach?• Psychoeducation• How anxiety develops and is maintained• Treatment goals
Session 2 Face to face (1 hour)	<ul style="list-style-type: none">• What is my child thinking?• What does my child need to learn?• Promoting independence
Session 3 Face to face (1 hour)	<ul style="list-style-type: none">• Encouraging 'having a go'• Rewards• Step-by-step plan
Session 4 Telephone (15/20 mins)	<ul style="list-style-type: none">• Checking in & reviewing homework• Make changes to step-by-plan as necessary
Session 5 Face to face (1 hour)	<ul style="list-style-type: none">• Checking in & reviewing homework• Problem solving approach
Session 6 Telephone (15/20 mins)	<ul style="list-style-type: none">• Reviewing progress

By the end of treatment, parents will be equipped with strategies to help their child overcome their difficulties with anxiety.



Buy the book via amazon:

Helping Your Child with Fears and Worries 2nd Edition: a self-help guide for parents
Scan the QR code →

