Helping Your Child With Fears and Worries

alliance
Psychological Services Ltd

Parent Led Cognitive Behavioural Therapy

The aim of this guided parent-delivered programme is to teach parents cognitive behavioural strategies that they can use with their child to overcome anxiety. The 13 week programme is a combination of face-to-face sessions, telephone appointments and scheduled breaks to embed learning.

The programme is aimed at children aged 5-12 years whose primary presenting problem relates to anxiety.

We believe that parents are the experts when it comes to their child. Parents know how their own child might respond and what will encourage and motive them to try different things.

KEY AIMS

- How anxiety develops and is maintained
- Understanding current difficulties
- Helping children explore anxious thoughts
- Encouraging/testing out fears
- Promoting independence and 'having a go'
- Indentifying rewards
- Devising a step plan to face a fear
- Review of goals and progress
- Problem solving
- What happens now? Planning for the future

For more information on how to refer please speak to the mental health lead in your child's school.