

PARENT-LED CBT

HELPING YOUR CHILD WITH FEARS AND WORRIES



Who?

The programme is aimed at children aged 5-12 years old whose presenting difficulties relate to anxiety.

More than one caregiver can attend, but it is essential there is one consistent caregiver at all sessions.

Where?

Sessions can take place either online or face to face. This can be discussed with your designated practitioner to establish at time which suits you both.



Aim of the programme

To provide parents/carers with strategies that they can use at home to understand and support their child. It aims to increase parent/carers confidence in their ability to help their child overcome their anxiety

Topics Covered:

- How is anxiety maintained?
- Goal setting
- Being curious, having a go and rewards
- Creating a step-by-step approach
- Problem solving
- Relapse prevention

Why Parents and Carers?

Parents and carers are in the best place to support their child. They are the expert in their child and sessions can provide an opportunity to discuss with a practitioner how to apply the CBT principles described in the book to their individual circumstances.

The philosophy of the programme is non-blaming and one that highlights positive skills and responses of the parent/carer, to build their confidence and empower them to support their child.

Session Overview

Sessions last around an hour and are delivered in the following format:

Initial Assessment

Session 1-3 (45-60 mins)

Session 4 (Telephone check in) (15 mins)

Session 5 (45-60 mins)

Session 6 / discharge (45-60 mins)

