

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 programme consists of four face-to-face and four telephone contacts with parents over an eight-week period.

*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. They have a better understanding than a therapist of how their own child might respond and what will encourage and motivate them to try different things.

Some of the skills we hope to help parents use through this programme are:

- *Understanding current difficulties*
- *Helping Children explore anxious thoughts*
- *Encouraging/testing out fears*
- *Building up brave behaviour*
- *Devising a plan to face a fear*
- *Reviews of goals*
- *Problem solving*
- *Rewarding Self*
- *What happens now? Planning for the future*

