



PARENT-LED CBT

HELPING YOUR CHILD WITH FEARS AND WORRIES



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



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