

Parent-Led CBT Programme for Anxiety

For parents of
children aged
5-12

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

This 13 week parent-delivered programme teaches parents cognitive behavioural strategies that they can use with their child to overcome anxiety. The programme is a combination of in person sessions, telephone appointments and scheduled breaks to provide time to embed learning and practice techniques.

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 motivate them to try different things.

Key topics covered by the programme?

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



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How can
parents get
involved?

WHO IS IT FOR? AND HOW DOES IT WORK?

Parent Led Cognitive Behavioural Therapy for anxiety is a guided self-help intervention for parents/carers of children between 5-12 who appear anxious worried or nervous. This might involve avoiding things that make them feel this way.

The aim of the programme is to support families with evidence-based strategies to manage and prevent the escalation of anxiety and worries in their child or children.

WHEN AND WHERE?

The programme involves parents/carers taking part in an assessment session before attending a 1-hour weekly group for 7 sessions over a period of 13 weeks. There would be an expectation to commit to attending each weekly session as well as completing the required reading prior to session 1 and the home tasks between each group.

We have groups running throughout the year at various locations, depending on need.

REFERRAL AND ASSESSMENT

Parents can access the programme following a referral from their child's school, an assessment will be completed with parents/carers, prior to a group starting to ensure this is the correct support.

The programme is offered to a maximum of 2 parents/carers per child.

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