



# PARENT LED CBT PROGRAMME FOR ANXIETY



We firmly believe that parents and carers are the experts when it comes to knowing what's best for their child meaning they are able to tailor the techniques in the programme to their child's individual needs.

This 13-week parent-delivered programme teaches parents cognitive behavioural strategies that they can use with their child to help overcome anxiety.

The programme includes a combination of in person sessions, telephone appointments and scheduled breaks to provide time to embed learning and practise techniques.

## WHO IS IT FOR AND HOW DOES IT WORK?

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

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

## WHEN AND WHERE?

After completing an assessment to ensure this is the correct support for your child, parents/carers will attend 7 1-hour group sessions over a period of 13 weeks. There would be an expectation to commit to attending each session, complete the required reading prior to session 1 and fulfil the home tasks between each meeting.

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

## KEY TOPICS COVERED

- 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)

## 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 starting the programme to ensure this is the correct support they require.

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.**