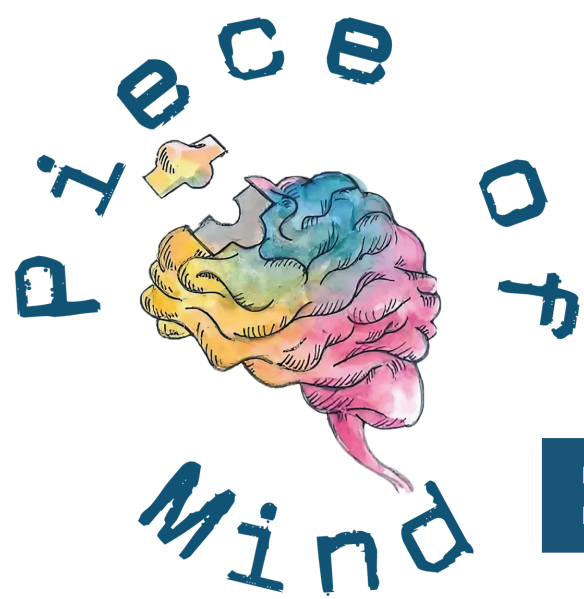




PARENT LED COGNITIVE BEHAVIOUR THERAPY (CBT)

WHAT IS PARENT LED CBT?

Parent Led CBT is a structured type of psychological therapy which aims to increase parent's confidence in their ability to help and support their child overcome their anxieties.

It is a 6 session programme over a period of 10 weeks, and is made up of practical sessions delivered in person or virtually, and working breaks to enable you to put skills in to practice.



HOW CAN PARENT LED CBT HELP WITH CHILD ANXIETY?

- We will help you to develop a detailed understanding of your child's anxiety by looking at why it may have started and what might be keeping it going.
- Give you skills and techniques to give to your child to help them manage their fears and worries.
- Build up your child's **brave** behaviour and help them to face their fears.
- Introduce alternative ways of supporting your child other than giving reassurance.
- Help you understand the importance of positive attention, praise and reward.



WHAT IS ANXIETY?



Anxiety is a normal emotion that can be useful to enhance performance and keep us safe. It can however become a problem when it interferes with a child's everyday life. Anxiety can negatively impact on a child's social life, academic performance and mood.

Anxiety in children can look like, but not limited to:

- Avoiding certain activities e.g., parties or joining hobbies
- Anger or frustration
- Shyness
- Difficulties with sleep
- Negative self-talk/putting self down
- Being scared to be away from parents or carers
- Worrying about going to school on a morning

WHY ARE WE WORKING WITH YOU AND NOT YOUR CHILD?



Research evidence has shown that one of the most helpful ways to support anxious children is by working with their parents.

You know your child best and spend the most time with your child, meaning there are plenty of more opportunities for you to work on their anxieties together.

Your child is also more likely to engage with you than a stranger!

HOW CAN I ACCESS PARENT LED CBT?

Your child's school has access to the Piece of Mind mental health support team.

If you think your child is experiencing feelings of anxiety and worry and you would like to access the Parent Led CBT programme to help your child, please speak to your school's mental health lead, who will be able to have a consultation with and make a referral for support to the Piece of Mind team.



All of the above are used and practiced in line with Cathy Cresswell and Lucy Willett's Guide: "**Helping Your Child with Fears & Worries**", which is evidence based to support the skills in Parent Led CBT. A copy of this book is required to complete the programme.