

# Managing Anxiety with your Child

The group is run by 2 members of the CAMHS Mental Health Support Team. It consists of 5 sessions, each 1.5 hours long, and two twenty minute telephone appointments.

## What will the Group cover?

Anxiety, fears and worries are normal experiences that we all have from time to time, but in some cases they persist and start to interfere in our lives. In children, this may bring problems at home, at school and/or with friends.

In the group, we will talk about fears, worries and anxiety, including what anxiety problems typically look like, how anxiety problems develop, and the reasons behind the approach we have taken. We will also take you through step-by-step techniques to help your child to overcome their problems with fears, worries and anxiety.

The group approach is based on Cognitive Behavioural Therapy (CBT). CBT is a psychological treatment that looks at the link between thoughts, feelings, and behaviour. Throughout the sessions we will be taking you through CBT principles to help you to spot patterns or vicious cycles that your child may have become stuck in, and sharing skills and strategies either to break these cycles or prevent them from occurring.



The techniques covered can be useful for children (and adults!) with a range of anxiety problems – these might include fears and worries about social situations, separating from carers, specific things (such as dogs or spiders), or more general worries about bad things happening.

### What can I expect at group sessions?

- At the moment, all our group sessions are being done via Video Call, rather than in person. We are using MS Teams for our Video calling. You will be sent an email invitation for each session, including a link to click on to bring you into the group. Through teams, we will be able to share presentations and video clips with you, and you will be able to ask us questions.
- If you are not familiar with using MS Teams, don't worry, we can support you with this!
- We aim to run the sessions in a friendly and relaxed manner.
- We will be asking participants to do some additional reading or home practice tasks between sessions.

### What will I need?

We would strongly encourage all group participants to buy yourself a copy of the book "Helping Your Child with Fears and Worries" by Cathy Creswell and Lucy Willetts.



The group closely follows the book's structure and we will be asking you to read certain chapters between sessions. It is usually available from Amazon for about £7. If you have any concerns about this, please speak to one of the facilitators.

You will also need access to a laptop or smartphone that can run MS Teams, and a quiet place to sit during groups, where you are not likely to experience regular interruptions! To get the most out of the group, you will also need some time during the week to practice any techniques we've covered and do the between session reading.