

Working on Worries: Information Leaflet

Parent-led CBT for Child Anxiety Problems

What is it?

Working on Worries is a project about improving access to Parent-led CBT Therapy for Child Anxiety Problems across Norfolk & Waveney primary schools.

Through this project, I have been trained to run the Parent-led CBT programme within the school. Children's mental health professionals support all staff running the programme through regular group sessions.

Parent-led CBT

Parent-led CBT is about reducing child anxiety. CBT means Cognitive Behavioural Therapy. Parents and carers are taught strategies for helping their child with worries. The strategies are things like picking out a thought and testing it, gradually helping children face their worries and problem-solving.

I will work with you on a one-to-one basis to support you through the programme. As well as speaking to me once a week, the programme involves some learning on your own and activities to be completed at home with your child. As this is a Parent-led programme, you will need to commit to participating as much as possible, so that you and your child feel the benefits as much as possible.

How it Works

Online OSI

When taught online, parents and carers work through eight interactive online modules. Seven of these are made available on a weekly basis with the eighth taking place a month later. Home tasks are provided for parents and carers to complete with their children. Each module also includes a 20-minute telephone or video call with me to talk about that week's content and the tasks that need to be done. Modules take around 30 minutes to complete.

The Benefits



“We have been able to help children at a much earlier opportunity. It is by far, the best intervention we have been able to offer our families, and the feedback from parents, children and staff has been amazing”

Interested?

Email Monika at PSA@alpington.norfolk.sch.uk or speak to me at the school where I work on Friday mornings.