

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 for Child Anxiety Problems across Norfolk & Waveney primary schools. Through this project, one or more members of your child's school's staff have been trained to run the Parent-led CBT programme within the school. All staff running the programme are supported by children's mental health professionals 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.

A trained member of staff will work with you on a one-to-one basis to support you through the programme. As well as speaking to school staff, 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 taking part as much as you can, so that you and your child feel the benefits as much as possible.

How it Works

Face-to-Face

When taught face-to-face, parents and carers are provided with a self-help book. They then attend four 60-minute in-person sessions and two 20-minute telephone sessions with a trained member of staff. Home tasks involving parents/carers and children are set and completed each week. These tasks are then talked about in the next week's session before moving on to new content.

Online

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 a trained member of staff to talk about that week's content and the tasks which need to be done. Modules take around 30 minutes to complete.

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The Benefits

Fewer parent and carer stories about the effect anxiety has on children's lives.

Parents and carers feel that the programme is easy to follow.

School staff feel the programme is acceptable and feel confident delivering it.



"They are now much more confident and more independent. They have managed all of the tasks that we set out, which at the time seemed like a mountain to climb. As a result of achieving the goal set out they are really happy and much more independent." - **[Anon, Parent]**

"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." - **Nebula Federation**

Pastoral Manager



Interested?

Speak to one of your school's trained members of staff to find out more about the programme! They will be able to share further Parent/Carer testimonials and FAQs with you and discuss the provision of Parent-led CBT within your school.