

Overcoming Your Child's Fears and Worries

Do you have a pupil with
problem anxiety?

Is this preventing them
joining in with everyday
activities in school or at
home?

The AST can deliver a CBT
based, parent led intervention
which research has shown to
have an excellent record of
reducing or eliminating
anxiety.

Read on for further details.

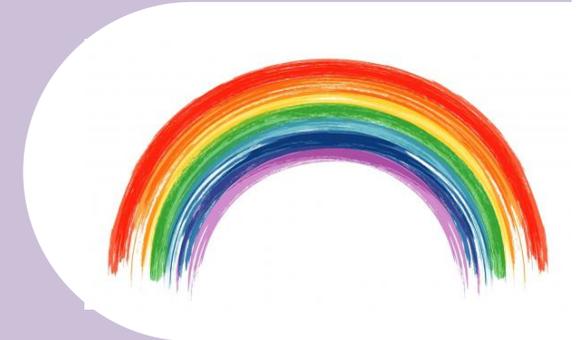
For more information please
contact:

Katy Neve
Autism Spectrum Team Manager

kneve@cornwall.gov.uk

Autism Spectrum Team
St Austell One Stop Shop
Penwinnick Road
St Austell
PL26 5DR

www.cornwall.gov.uk



Overcoming

A CBT based intervention

Autism Spectrum Team

Overcoming

Who is this intervention for?

Most young people will experience anxiety from time to time. This is normal and does not require any special intervention. However some young people develop anxiety problems that have a significant impact on their lives. This might be a specific anxiety such as a phobia or social anxiety or it might be more generalised anxiety.

If this anxiety problem has lasted for several months or more and prevents that young person enjoying normal school or home life (avoiding some activities, struggling to attend school, becoming very stressed by some activities) it might be appropriate to seek further support such as this intervention.

The 'Overcoming your child's fears and worries' programme is particularly appropriate for young people aged 7-12 but can also be used with young people either younger or older than this age group.

What does the package consist of?

The package is 'parent-led' which means that the Autism Spectrum Team member guides and supports the parents in learning about what causes and maintains anxiety, what techniques to use to address this and how to tailor these techniques to their individual child. It also addresses how parents should manage their own anxiety.

The AST member delivers:

- four x one hour face to face sessions
- four x 20 minute phone sessions
- Before and after anxiety assessment measures

These sessions take place once a week over eight weeks in the parent's home (usually) or by phone as appropriate.

The parent is also provided with a book which contains essential reading to support the programme.

The cost of the package is £250

What is the evidence base?

The Overcoming your child's fears and worries programme was written by two clinical psychologists, Cathy Creswell and Lucy Willetts and is based on Cognitive Behavioural Therapy principles. It has been positively evaluated in the United Kingdom. For example in a trial involving 64 children with anxiety disorders; treatment outcomes were that 76% of children were much/very much improved immediately post-treatment and 76% had no symptoms of their primary anxiety disorder at 6 months after treatment (British Journal of Psychiatry (2013))

How do I purchase this package?

For further information or to purchase this package please contact:

Katy Neve
Manager Autism Spectrum Team
Kneve@cornwall.gov.uk