

Group Overcoming Programme – Overcoming Your Child’s Fears and Worries

The Group Overcoming Programme is an evidence-based guided Cognitive-Behavioural Therapy (CBT) programme for parents of anxious children. The aim of the programme is for parents to become anxiety management experts; the programme is non-blaming and highlights the positive skills and responses of parents, in order to build their confidence and empower them to support their child.

Mental health difficulties affect a significant number of children and young people, with the most recent data suggesting that one in ten children and young people has some form of clinically diagnosable mental health disorder¹.

Children and young people with mental health problems are more likely to experience increased disruption to their education², impacting on their educational outcomes, through disrupted attendance and difficulties with engagement, impacting on achievement.

Schools and colleges can, and do, play a vital role in identifying mental health needs at an early stage. Families also have an important role in ensuring successful interventions, with parental involvement improving the outcomes of many interventions.

It is normal for children and young people to feel worried or anxious from time to time, however for some children and young people, anxiety affects their behaviour and thoughts every day, interfering with their school, home and social life.

The NHS recommends Cognitive Behavioural Therapy (CBT) as a treatment for anxiety disorders in children³. CBT is a talking therapy that can help children and young people manage their anxiety by changing the way they think and behave.

INTERVENTION OUTCOMES

- For anxiety to be significantly reduced
- For educational outcomes to improve, including attendance, engagement and achievement
- For children and parents to have life-long strategies to reduce the impact of mental health problems in adulthood

INTERVENTION DETAILS

Six 1.5 hour sessions delivered with parents, aimed at supporting children aged 5 years +, delivered to a maximum group of six parents. The fee to schools is £1,644. Alternatively schools can also use time purchased through their subscription to the Babcock LDP Educational Psychology Service.

For more information please contact Babcock LDP Educational Psychology Service on 01392 287233