

**Does your school-age child have so much anxiety that it cause distress?**

**This course is for you!**

## ***The Opposite of Worry:***

### ***Helping Children and Young People to***

### ***Overcome Anxiety and Fears***

If your child is often anxious, you know how seriously that can affect you, your child, and family life. Most parents of anxious children have tried many ways to help their children remain calm and confident, but have found that anxious children are very difficult to reassure, and sometimes seem to resist logic and explanations. Anxiety can take many forms in children, including clinginess, constant worry about things that might happen, avoidance of some places or activities, fears of specific things such as spiders or dogs, fear of the dark, panic attacks, or more severe and complicated problems such as obsessive compulsive disorder or social phobia. Sometimes anxiety even disguises itself as other problems, such as perfectionism, indecision, school refusal or withdrawal.

This course helps parents to learn *easy-to-implement* and *long-lasting solutions* and strategies for helping children cope with worry and anxiety. Parents who attended this course in the past have told us that after taking the course they finally understood their child's anxiety, and were able to help their children feel less anxious and more confident, leading to a calmer, more positive atmosphere for the whole family. Each week we will learn about a different aspect of anxiety, and will learn and practice several specific techniques for helping children with it.

**Who is it for?** Parents of school-age children who attend Clare Children's Services who are distressed or left out because of anxiety.

**When is it?** This course takes place over 8 sessions on Wednesday evenings starting on October 10<sup>th</sup>.

**Where is it?** The course takes place at our Ennis office.

**How to I apply?** Complete the form below, and return it to Dr. Toby Sachsenmaier at Clare Children's Services by email or post no later than September 24<sup>th</sup>. Or contact a therapist on your child's team at 686 3500.

**Contact information?** Dr. Toby Sachsenmaier, Clare Children's Services, Lifford Road, Ennis, or [psychologyinfo.ccs@hse.ie](mailto:psychologyinfo.ccs@hse.ie).

## **What will be covered in this course:**

**This group will take place over 8 sessions, on Wednesday evenings, starting on 10<sup>th</sup> October at our Ennis office. Sessions will run from 6:30 to 8:30 p.m.**

**Week 1.** The first session will focus on developing a shared understanding of “the good and the bad” of anxiety, how anxiety is managed by most children, why some children get stuck in anxiety, common strategies for helping anxious children and why they don’t always work, and some ideas for helping them get “unstuck.” This shared understanding of anxiety will guide our thinking in all the sessions that follow.

**Week 2.** Parenting with empathy: How your parenting style can help your child become less anxious.

**Week 3.** Parenting with confidence: How your parenting style can help your child become more confident.

**Break. No class on October 31<sup>st</sup>.**

**Week 4.** Anxiety and the body: How anxiety affects children physically and keeps them from being able to think clearly.

**Week 5.** The Balancing Act: Using physical and sensory activity to help your child get rid of anxious feelings.

**Week 6.** Approach and avoidance: Supporting children to face their fears in a healthy way.

**Week 7.** Challenging Anxious Thoughts: A CBT approach to managing children’s anxiety.

**Week 8.** Putting it all together: This session will be planned with input from parents in the group to consider solutions for specific types of anxiety. Parents will create individual plans for supporting their children to manage their own worries and fears.

