

PARENT-LED CBT GROUP



An evidence-based intervention which involves working with parents to help overcome their child's fears and worries.
Can help with: separation anxiety, panic, agoraphobia, OCD, GAD, Social phobia, health anxiety and phobias

WHY PARENT LED?



Parents are the **experts** when it comes to their child and they are in the best place to **motivate** and **encourage** their children. It enables the parent to understand anxiety, what they can do about it and how they can help their child to feel less anxious.

WHAT WILL THIS LOOK LIKE?

6 online group sessions via Microsoft Teams (1 hour)
2 x middle and ending telephone calls (15-20mins)
Read chapters in between sessions and work through the book together. Handouts are also provided to apply learning into practice.

