

Who we are

The course is delivered by the Mental Health Support Team (MHST) who offer support for children and young people who are struggling with mild/moderate feelings of anxiety.

MHST practitioners are qualified in Low Intensity Cognitive Behavioural Therapy (CBT) and aim to teach you specific skills and strategies to help your child with their fears and worries.



DARLINGTON
MENTAL HEALTH SUPPORT TEAM

The Book

Everything we cover in the course is based on the following book:

Helping Your Child with Fears and Worries (2nd edition) by Cathy Creswell and Lucy Willetts

You can purchase your own copy of this book so that you can refer back to it once the course has finished. Alternatively, we have loan copies available for the duration of the course however you will need to return these at the end of your sessions.



Parent Led Cognitive Behavioural Therapy (CBT)

Information for Parents/Carers

**Darlington Mental Health
Support Team (MHST)**



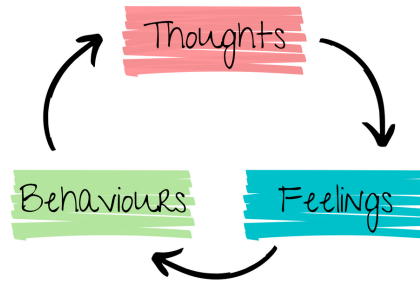
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What is Parent Led CBT?

Parent led CBT is a way to help children aged 5 to 12 years old who are struggling with mild/moderate feelings of anxiety. This is a treatment based on evidence which helps children to manage their worries and fears.

The MHST can help you to learn some new skills and strategies which you can then use with your child. This helps your child to better understand and manage their feelings of anxiety but also empowers you and gives you the confidence to put these things in place.

How does it work?



CBT works on the idea that our **thoughts**, **feelings** and **behaviours** (what we do) are all linked together and all have an impact on each other.

When your child is feeling anxious, they can get stuck in a **cycle** of negative or unhelpful thoughts, feelings and behaviours.

By using Parent Led CBT, we can help you to help your child to **break that cycle** and help them to change their thoughts and behaviours so that they start to feel better.

You are the expert

You know your child much more than we ever could and that means you will know which strategies will be the most helpful for them. You are also much better placed to give the strategies a go as you see your child all of the time whereas we would only see them for around 40 minutes each week.

Evidence shows that Parent Led CBT is an effective way to help your child with their anxiety and that's why we use it - because we know **it works!**

What should I expect?

- The course is made up of a mixture of face-to-face group sessions, breaks and telephone check-ins (so you won't be attending the course every week).
- Face-to-face sessions will last for around 1 and a half hours.
- A group setting means you will get to meet other parents with similar experiences.
- You will get chance for discussion with the MHST.
- You will learn new, specific skills to help your child manage their fears and worries.
- You will be given tasks to complete in between sessions which we will then reflect on with you.

All of these things aim to help your child feel better!