

Helping children and young people with anxiety



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A 2 hour workshop focusing on understanding anxiety in children and young people. Helping parents, carers, and professionals manage symptoms and develop positive coping skills.

What will be covered in the workshop?

The workshop is for parents, carers and professionals based on understanding anxiety in young people and developing positive coping strategies for anxious behaviours. The workshop hopes to discuss:

- What is anxiety? How is it experienced by children and young people? We will discuss psychological concepts such as the fight or flight response and window of tolerance.
- Why do children have anxiety? How do we learn to be anxious? How does our environment and social context influence if we become anxious as children?
- How do we support children and young people with anxiety?
 - As parents – in the home environment.
 - As professionals – in schools, in therapy and in clubs and societies.
- How do we encourage children to develop helpful coping strategies? How do we discuss self-harmful behaviours and how do we address these behaviours?
- The workshop is intended to be interactive. Prior to attending the workshop, you will be asked to complete a short questionnaire which aims to ensure that any further questions or additional information can be provided.



How do I attend?

This workshop is free to attend, however, please send an email to patriciabarbertherapy@gmail.com in order to secure your place at a workshop. In the event that no further spaces are available you will be notified, and your name added to a waiting list.

If you have any further questions please feel free to email me at patriciabarbertherapy@gmail.com



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