



## Fear Less Triple P?

Fear-Less Triple P supports parents to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. T

### Who is it for?

Parents or caregivers of children aged from 6 to 16 who have moderate to high levels of anxiety that negatively impact on everyday functioning.

### What is covered in sessions with parents?

**Session 1** *what is it and how does it develop? This session provides parents with psychoeducation about anxiety and how it works. Parents are encouraged to reflect on how anxiety impacts their family and how their family reacts to anxiety. The session aims to give parents a better understanding of the development of their child's anxiety and why it continues. At the end of the session, parents establish some goals for change to focus on through the program*

**Session 2:** Promoting emotional resilience in children Parents are introduced to parenting strategies that promote emotional resilience in children. These strategies help parents encourage their children to express, tolerate and manage their upsetting emotions more effectively. Parents are also introduced to a tool that helps to track how anxious their child is feeling.

**Session 3:** Modeling and the way children think This session introduces the importance of parental modelling in understanding children's emotional reactions. The session also covers how thoughts can affect the development and maintenance of anxiety, highlighting the importance of flexible thinking and teaching parents to encourage this skill in children.

**Session 4:** The way you behave – avoidance and exposure Practitioners teach parents about avoidance, the most common response to anxiety. Practitioners introduce the value of exposure and the use of the Fear Ladder as an approach to gradually confronting anxiety.

**Session 5:** Parental strategies for responding to children's anxiety Practitioners discuss common ways that parents respond to children's anxiety, as well as the advantages and disadvantages of each. Parents are encouraged to reflect on which responses are relevant to them and what they might want to think about changing. Practitioners work with parents to develop a parenting plan to encourage children to confront and overcome their fears using a Fear Ladder and to start using it with their child at home.

**Session 6:** Constructive problem solving – how to promote it and maintain gains Practitioners help parents develop a constructive step-by-step coping plan and offer some guidelines on maintaining changes over time.

### What resources do parents receive?

Each parent will receive a copy of the Fear Less Triple P Workbook



## Fear Less Triple P?

How does it work:

Attend online or in-person with one of our accredited Practitioners at a time flexible to your needs.

### **Fees:**

- Online: £992.00
- In Person: 1220.00

**Instalment Plans Available.**