

The Overcoming Programme

Bury and Salford Educational Psychology Service are offering group sessions for parents to help them support their child if they are experiencing anxiety.

The Overcoming Programme involves 6 sessions aimed at parents of children aged between 5 and 12 years old where the main concern is anxiety. The programme uses a Cognitive Behavioural Therapy (CBT) based approach to focus on changing the way adults around the child respond to anxious feelings by problem solving and creating shared goals and rewards.

The Overcoming Programme has strong evidence behind it and is based on the book **Helping Your Child with Fears and Worries (Creswell & Willetts, 2019)**. You will be able to read (or listen to) this book to help you as you work through the programme.

8-10 other parents will be in the group with you. There will be five 2 hour face to face sessions over the six weeks. This will be followed by an individual appointment four weeks after the programme ends.

The sessions will run on **Thursday mornings, 9-11am.**



What to expect:

- An opportunity to meet other parents/carers who are experiencing a similar situation and support from the group, as well as the Educational Psychology Service.
- Time to think about how you can best support your child at home and the strategies you can use to do this.
- A free copy of the book.
- 'Homework' between sessions (reading/ listening to part of the book, trying out new strategies with your child).
- Attendance at all sessions is really important. Both parents are welcome to attend, but it is important that one parent attends consistently.



Sessions overview:

- Week 1 - Session 1
- Week 2 - Session 2
- Week 3 - Session 3
- Week 4 - Session 4
- Week 5 - *BREAK*
- Week 6 - Session 5
- Week 10 - Individual telephone follow-up

To book your place, please fill out the booking form below:



<https://forms.office.com/e/Yesk3zUiFPh>

The sessions will be offered on a first come, first served basis. If you have any further questions, please email lucy.whitham@salford.gov.uk