

# Parent Anxiety Workshop

## Information for parents and carers

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### **Anxiety in children and young people:**

Experiencing anxiety and worry is normal and common in people of all ages. While we all experience anxiety sometimes, there are times when anxiety and worry can feel very difficult to manage and can have a big impact on really important aspects of our lives.

Anxiety can, for example, make us feel very upset and get in the way of the things that we would like to do. Common types of anxiety in children and young people include:

- Fear of specific things (e.g. dogs) or of places (e.g. the dentist)
- Fear of being separated from your family
- Fear of the unknown or uncertainty
- Fear of social situations
- Panic: Fear of disaster or being out of control
- Worries about upcoming changes- such as changing school.

For children and young people experiencing these difficulties, learning a little more about anxiety and ways of overcoming it can be helpful.

### **Parent Anxiety Workshops**

We would like to invite you to a specialist workshop for parents and carers focusing on understanding anxiety in children and developing support strategies to help at home. This is particularly geared towards parents or carers of children who are experiencing anxiety. The workshop has been designed by our local Child and Adolescent Mental Health Service (CAMHS) and will be delivered by CAMHS staff.

Within these workshops, parents are supported in developing skills and confidence to help their children overcome their difficulties with anxiety. The focus is on supporting the young person to overcome anxiety.

### **Format of workshops**

The Parent Anxiety Workshops will be delivered online across 2, one and a half hour sessions using Microsoft Teams. The first session focuses on psycho-education, enabling parents to feel they have a greater understanding of anxiety and the factors that maintain anxiety. The second session moves on to helping parents support young people in developing practical strategies to manage and face worries. The workshop is based on Cognitive Behavioural Therapy (CBT) techniques and, as such, will have a focus on how thoughts, feelings and behaviours have a role in keeping anxiety going and what can be done to change this.

### **What do I do if I would like to attend?**

Our upcoming workshop dates and times are listed below. Please click on the link next to the workshop you are attending to join the session on Microsoft Teams Live. You do not need to register, just click on the link to join at the time and date specified for each workshop. Please aim to come to both workshops in order to gain a complete understanding of the topics covered. Workshops will start promptly at the specified time. The CAMHS team will deliver this session

with the opportunity for questions from parents/carers throughout and at the end of the workshop (there is no expectation for attendees to ask questions or to turn their cameras on during the session, you can absolutely just join and listen over the 90 minutes).

## **Service evaluation, audit and research**

We regularly complete service evaluations to give us a better picture of the views of the parents and carers who access the Parent Anxiety Workshops. This will help us plan and improve our service in the future.

In order to do this, we will ask you to complete a feedback form at the start and end of the workshops. Any feedback that you give will be stored securely by NHS Lothian for these purposes.

Your feedback will be completely anonymous and we will not ask you to supply any identifiable information.

You are under no obligation to complete the feedback form. You do not have to complete this feedback form in order to join the workshop.

By completing the feedback form you are consenting to us:

- Using the information collected to evaluate the anxiety workshops. This information will be completely anonymous (your name and other identifiable information will not be used)
- Using this information for current and future research and evaluation.

## Parent Anxiety Workshop – Evening Session

### **Parent Anxiety Workshops 11**

Session 1 Understanding anxiety: **Tuesday 8<sup>th</sup> February 2022**

[Join Live Event](#)

Session 2 Supporting your children with anxiety: **Tuesday 22<sup>nd</sup> February 2022**

[Join Live Event](#)

Times: **6pm-8pm**