

Agenda

Overcoming Anxiety: Helping Children & Young People Find Their Brave

Morning session

- Reframing anxiety - how and why.
- The neurobiology of anxiety.
- Behavioural manifestations of anxiety, and why old responses don't work.
- Look-alike conditions - understanding anxiety from other conditions of childhood.

Middle session

- Supporting parents and important adults to be change-makers.
- The relationship between anxiety and avoidance.
- How to 'bring parents on board' - the conversation.
- Why parental involvement matters.
- Practical strategies to strengthen young people against anxiety.
- Why old responses to anxiety can be resistant to change, and how to use this to inform a more effective response.
- How to respond to anxiety in the moment to make way for calm and courage.
- The neuroscience of regulation and co-regulation, and the impact on anxiety in the short and long term.

Afternoon session

- How to build high quality relationships with children, and why this matters.
- Building their toolbox - practical strategies for young people to calm anxiety and build brave.
- A practical roadmap for working with young people with anxiety.