

The Overcoming Programme

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



What is The Overcoming Programme?

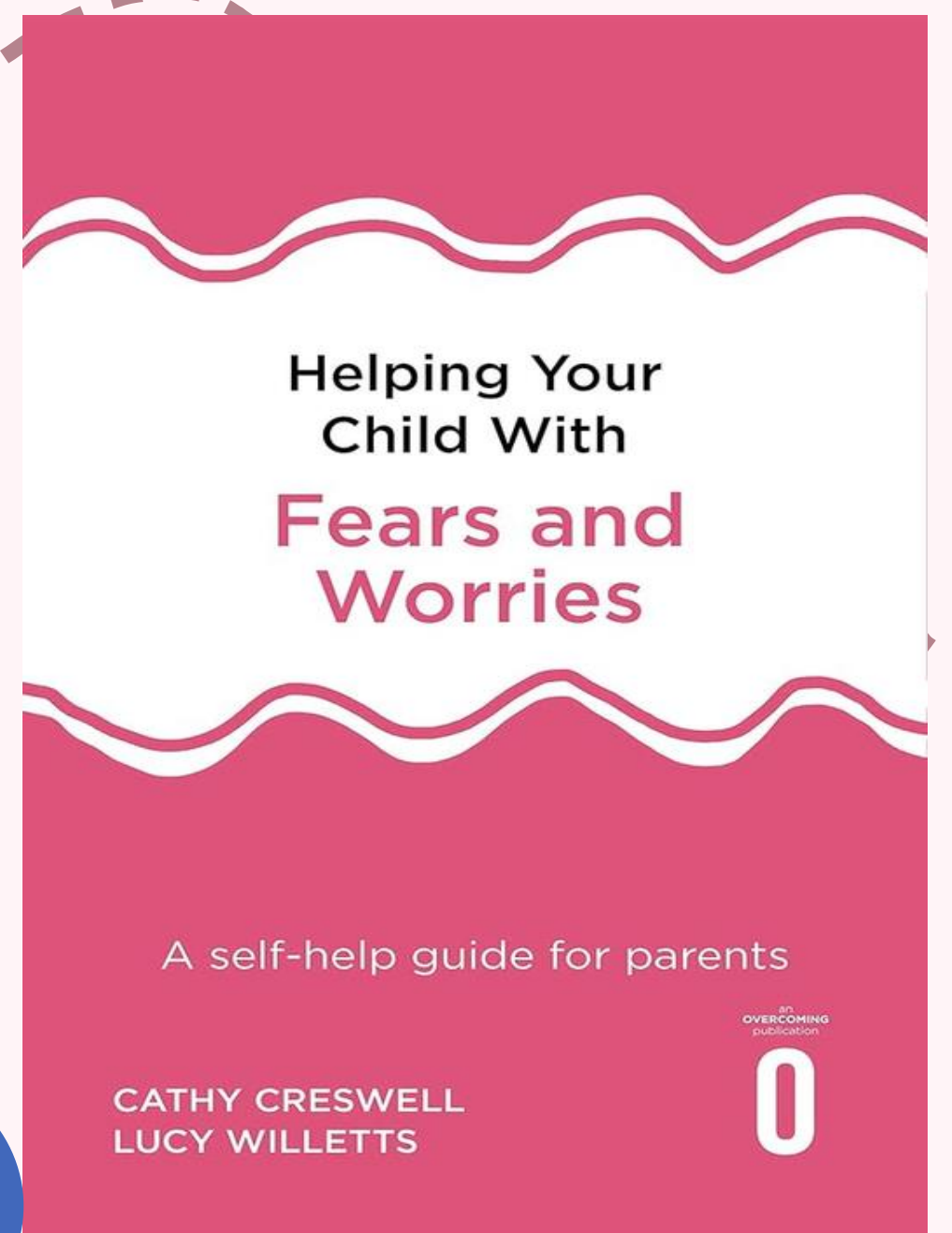
The Overcoming Programme involves **6 sessions** aimed at **parents of children aged between 5 and 12 years old** where the main concern is **anxiety**. The programme uses a Cognitive Behavioural Therapy (CBT) based approach to focus on changing the way adults around the child respond to anxious feelings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

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, 9:30-11:30am.

With one exception on Monday 13th January 2025



Evidence behind the programme

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

Session overview

- Week 1 – 9th January 2025
- Week 2 – 13th January 2025
- Week 3 – 23rd January 2025
- Week 4 – 30th January 2025
- Week 5 – BREAK
- Week 6 – 13th February 2025
- Week 10 – Individual telephone follow-up



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.
- '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

How to book on?

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



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

Contact Information

The sessions will be offered on a first come, first served basis. If you have any further questions, please email Rebecca Carr – r.carr@bury.gov.uk

