

SCHOOL PSYCHOLOGY SERVICE
Hedley Beare Centre for Teaching
and Learning
Fremantle Dr, Stirling



ADDRESSING YOUR CHILD'S ANXIOUS AVOIDANCE

PARENT WORKSHOP

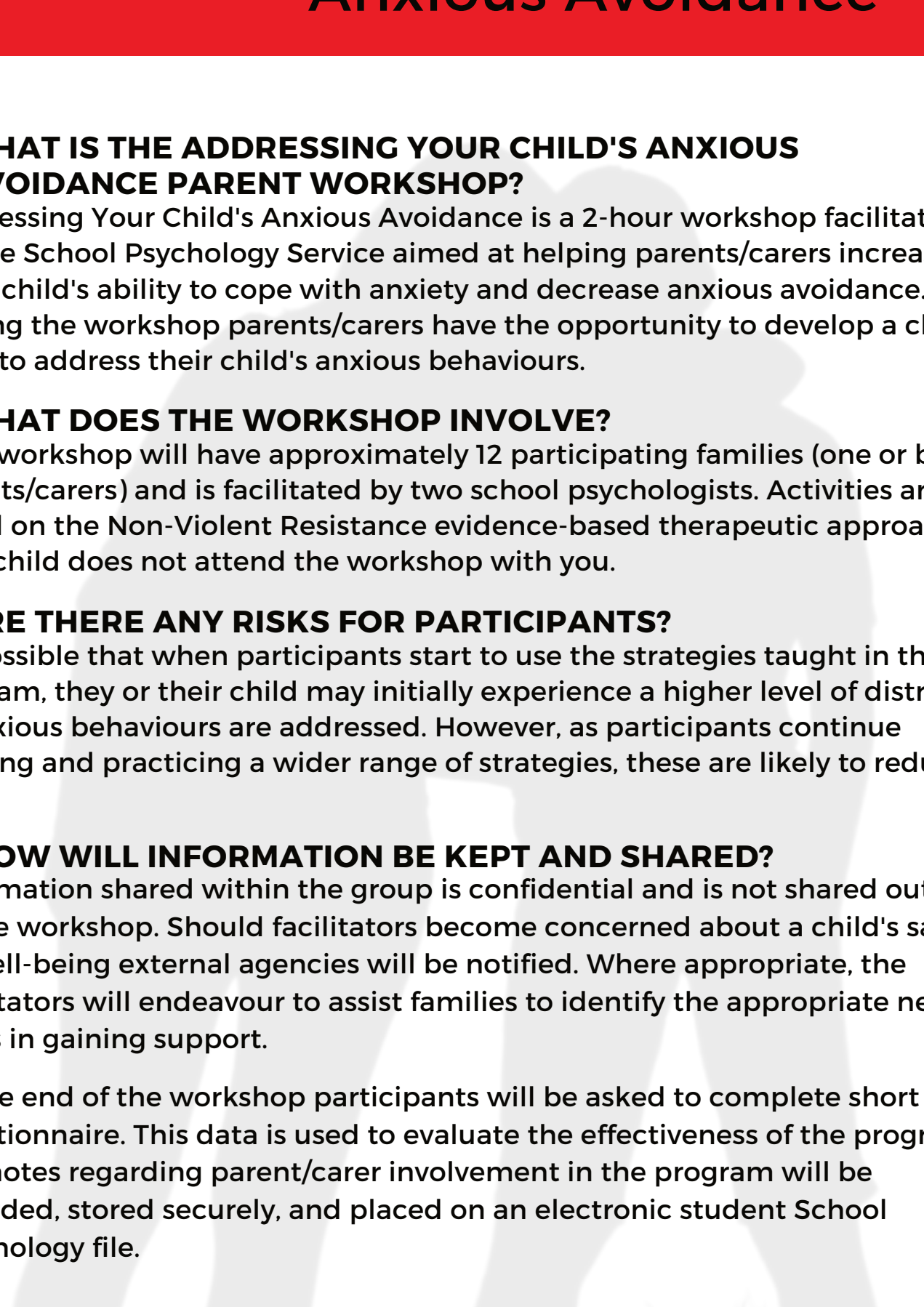
- **TAKE POSITIVE ACTION TO INCREASE YOUR CHILD'S ABILITY TO COPE WITH ANXIETY**
- **LEARN SKILLS TO ADDRESS YOUR CHILD'S ANXIOUS AVOIDANCE**
- **LEARN ABOUT THE ESCALATION CYCLE AND HOW TO AVOID ENGAGING WITH IT**



Thursday, 30 May 2024
12:30-2:30pm

For parents of students in Years 4 to 12





Addressing Your Child's Anxious Avoidance

WHAT IS THE ADDRESSING YOUR CHILD'S ANXIOUS AVOIDANCE PARENT WORKSHOP?

Addressing Your Child's Anxious Avoidance is a 2-hour workshop facilitated by the School Psychology Service aimed at helping parents/carers increase their child's ability to cope with anxiety and decrease anxious avoidance. During the workshop parents/carers have the opportunity to develop a clear plan to address their child's anxious behaviours.

WHAT DOES THE WORKSHOP INVOLVE?

Each workshop will have approximately 12 participating families (one or both parents/carers) and is facilitated by two school psychologists. Activities are based on the Non-Violent Resistance evidence-based therapeutic approach. Your child does not attend the workshop with you.

ARE THERE ANY RISKS FOR PARTICIPANTS?

It's possible that when participants start to use the strategies taught in the program, they or their child may initially experience a higher level of distress as anxious behaviours are addressed. However, as participants continue learning and practicing a wider range of strategies, these are likely to reduce.

HOW WILL INFORMATION BE KEPT AND SHARED?

Information shared within the group is confidential and is not shared outside of the workshop. Should facilitators become concerned about a child's safety or well-being external agencies will be notified. Where appropriate, the facilitators will endeavour to assist families to identify the appropriate next steps in gaining support.

At the end of the workshop participants will be asked to complete short questionnaire. This data is used to evaluate the effectiveness of the program. File notes regarding parent/carer involvement in the program will be recorded, stored securely, and placed on an electronic student School Psychology file.