

Parenting Your Anxious Child" 2 Day Workshop

FACILITATOR: HEDI WELSH – PSYCHOLOGIST @ THE THERAPY PLACE WA PTY LTD

Day 1

Overview of Anxiety – normal vs problem anxiety

Understanding Anxiety's function in the brain

Understanding impacts on development and body

Attachments and Patterns

Identifying and telling the difference between challenging behaviours vs anxiety

Complexity and other underlying issues that might look like "Anxiety"

How to talk with your child about anxiety and when to seek professional help



WHEN: Day 1 – Wed 1st March

Day 2 – Wed 8th March

TIME: 9:00 – 2:30

WHERE: St John of God Conference Rm 1

COST: \$80 per day

(Medicare Rebates can apply)



Day 2

Learning how to be a support to your child without enabling anxiety

Cognitive strategies and behaviour strategies that work and when to implement and what doesn't work

Setting up behavioural reinforcement and charting to track progress and celebrate your child learning strategies to manage and be boss of worries

How to talk to teacher and school about your child's needs

Incorporating a whole body health approach to identifying and managing underlying issues

Accessing resources, APPS, and supports