

Workshop Title: Empowering parents to help their children overcome anxiety problems

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Workshop Overview:

Childhood anxiety problems are common and can run a chronic course if left untreated. Brief parent-led CBT is an efficient way to increase access to evidence-based treatment for affected families. This workshop aims to address common challenges therapists face delivering parent-led CBT, including challenges engaging parents (e.g., lack of parenting efficacy, competing priorities), managing parents' differences of opinion about their nature of their child's difficulties, and working collaboratively with parents to support them to design exposures that effectively test children's fears. This workshop is aimed at clinicians, trainers, and supervisors with some experience of working with parents to deliver CBT for anxiety problems in preadolescent children.

Workshop Objectives:

- To develop an understanding of common challenges that may be encountered whilst empowering parents to engage in a parent-led treatment for childhood anxiety problems.
- To develop skills in overcoming common challenges whilst adhering to the treatment model.
- To share experiences and learning with other attendees.