

Professor Cathy Creswell

University of Reading

Wednesday, 3rd April 2019

Venue: University of Reading



CharlieWaller
INSTITUTE

Evidence-Based Psychological Treatment

Brief parent-led CBT for child anxiety disorders

Introduction:

Anxiety disorders are common in children, often run a chronic course and present a risk for other serious psychological difficulties. Half of all people who experience an anxiety disorder first experience difficulties by the age of 11 years and families frequently tell us that they wished they had had support at that time, when their child first needed it.

CBT has a robust evidence base for child anxiety disorders, with good outcomes for preadolescent children. Yet very few children who could benefit access it. CBT for childhood anxiety can be efficiently delivered via parents or carers as they are in a position to learn and teach their child CBT principles and apply them within their day to day lives, and may also lead them to modify parental behaviours which inadvertently reinforce child anxiety problems.

Content:

This workshop introduces an effective treatment for child anxiety disorders that can be delivered in an efficient way- bringing potential to increase the number of children and families who can access evidence-based psychological therapies.

Learning objectives:

This workshop will:

- give an overview of the empirical background to brief, parent-led CBT for (pre-adolescent) child anxiety disorders
- describe outcomes from systematic clinical and cost-effectiveness evaluations in 'real world' settings.
- introduce and provide opportunities to practice the core components of the intervention
- enable discussion of challenges that may be faced by therapists and families in implementing this approach



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Training modalities:

The workshop will be interactive and include both experiential and didactic teaching and demonstrations. Participants will have a chance to discuss their own cases.

Key references:

Links to open access papers:

<http://www.sciencedirect.com/science/article/pii/S2215036617301499>

<http://bjp.rcpsych.org/content/203/6/436.long>

<http://mhfmjournal.org/open-access/feasibility-of-guided-cognitive-behaviour-therapy-cbt-selfhelp-for-childhood-anxiety-disorders-in-primary-care.pdf>

Book for practitioners:

<http://www.guilford.com/books/Parent-Led-CBT-for-Child-Anxiety/Creswell-Parkinson-Thirlwall-Willetts/9781462527786/authors>

About the presenter:

Cathy Creswell is Professor of Developmental Clinical Psychology at the University of Reading, an Honorary Consultant Clinical Psychologist and Joint Director of the University of Reading Anxiety and Depression in Young people (AnDY) research unit. She was awarded the British Psychological Society May Davidson award for outstanding contribution to Clinical Psychology within 10 years of qualifying and currently holds an NIHR Research Professorship (2014-2019). Cathy co-directs the Anxiety and Depression in Young people (AnDY) research unit, which incorporates a busy research clinic where children, young people and their parents receive brief, psychological therapies. Cathy has particular research and clinical interests in the development and treatment of anxiety disorders in children and young people, and her work focuses on improving access and outcomes for children with these common conditions. In addition to academic publications, she has co-written self-help books for parents, including 'Overcoming your child's fears and worries' (Little Brown), and a recent practice guide for clinicians, 'Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids' (Guilford Press).

For further information contact the Charlie Waller Institute:

cwi@reading.ac.uk

Tel: 0118 378 7537

Charlie Waller Institute
School of Psychology and Clinical Language Science
University of Reading
RG6 6AL

<http://www.reading.ac.uk/charliewaller>

**Cost of 1-day workshop:
£130 including lunch**

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading



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