

# ONE STEP AT A TIME PROGRAM: PARENT SUPPORT FOR CHILDHOOD ANXIETY



## Swinburne Psychology Clinic

Parents / guardians:

Do you have a primary school-aged child experiencing symptoms of anxiety?

Clinicians at Swinburne University have developed a program to help parents manage childhood anxiety in children aged 6-11 years.

Does your child experience any of the following?

- Difficulties sleeping at night due to worries
- Fears and phobias
- Difficulty separating from you or worrying about parental safety
- Trouble sleeping alone in their bed
- Fear of the dark
- Scared of lifts, trains, and people
- Fear of dogs and other animals
- Excessive worry and constant reassurance seeking
- Fear of germs and other health problems

The One Step at a Time Program involves:

- Comprehensive psychological assessment of your child's anxiety
- Seven sessions of online counselling through video conferencing
- Parent-focused cognitive behavioral therapy (CBT) skills to help you manage and support your child's anxiety
- Two combined parent-child sessions
- Reflective parenting strategies
- Access to a website with self-help materials to supplement therapy.

### Cost

\$20 per session/assessment.

Treatment consists of seven therapy sessions plus one assessment session.

### Contact us

Referrals and enquiries can be made by contacting the Swinburne Psychology Clinic at:

Telephone: 03 9214 8653

Email: [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

OR, by accessing the online registration form by using the QR Code or the link below:

<https://forms.office.com/r/kxjje5YcM>

