

COOLKIDS

ANXIETY PROGRAM

Program Information Flyer



**Our team member, Melanie Gotch, is trained and accredited
to deliver the Cool Kids Anxiety Program**

Please contact us for more information at: info@chatterboxpsychology.com.au

COOLKIDS
ACCREDITED

What is the Cool Kids Program?

Cool Kids (nicknamed Chilled for teens) is a structured program that teaches children and their parents how to better manage a child's anxiety. The program uses a cognitive-behavioural approach, involves the participation of children and parents, and focuses on teaching practical skills. The Program can be run with individual families or in a group, and has options that are designed for school, community and clinical settings.

Who is Cool Kids for?

Cool Kids is designed for young people 7-17 years of age who are experiencing anxiety that is impacting on their everyday life. Cool Kids is helpful for a broad range of fears and worries including:

- Fears and worries about being separated from loved ones or home.
- Worries about what other people think when performing or in social situations.
- Fears of specific situations or experiences (such as the dark, dogs, spiders, needles, doctors or storms).
- Worrying about many different aspects of life including school, health, family and anything new or unknown.
- Feeling panicky or overwhelmed in a range of situations.
- Wanting to avoid going places or attending school.



What do you learn?

During the program young people are taught three core skills;

- How to identify anxious thoughts, feelings, and behaviours,
- How to discover realistic thoughts and expectations (detective thinking), and,
- How to gradually build independence and confidence by facing fears (stepladders).

If needed, additional skills such as problem solving and relaxation are also introduced to help manage difficult situations. Parents are an important part of both Cool Kids and Chilled. They are shown how to support their child in the use of the anxiety management skills and a section of the program focuses specifically on parenting strategies that encourage children to self-manage anxiety.

During each session families practice skills during discussion, games, role play and in real life situations. Practice tasks are a crucial part of the program and are given following every session. Practice tasks encourage use of new skills in everyday life.

What changes can I expect?

The Cool Kids program was developed by Macquarie University in Sydney Australia and is used in clinics, schools and hospitals around the world. The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. This research has found that most young people who complete the program show significant improvement including increases in school attendance, confidence, number of friends and involvement in extra-curricular activities and decreases in worry, shyness, fear and family distress.