



## Program: Taking control of anxiety

A program for children who have been identified as experiencing ongoing Anxiety. This program aims to teach children how to identify when they are starting to feel anxious and tools they can use to decrease the sensations felt within their body. This is delivered through various methods of therapeutic interventions including:

- Strengths Based Therapy
- Psycho education
- Emotional Focused Therapy
- Expressive/Art Therapy
- Interactive Learning
- Group conversation/sharing

**Who is the Target:** Children

**Outcomes:** For the child to be able to identify anxiety and to be able to take control of the symptoms therefore lessening the impact within the body

**Group Work:** Yes

**Duration of Session:** 6 x 2 Hours

**How many sessions:** 6

**How many participants maximum and minimum per group:** 10

**Cost:** Through negotiation

**Includes**

- 6 x 2 hour face to face sessions
- Two facilitators
- Administration costs
- Course resources
- 6 hours school/teacher/parents liaison time

**What is required from schools?** Venue, registrations, referrals

To enquire further or make a booking please phone Donna Mahoney on 0414 480 934 or email [adminteam@innatetherapies.com](mailto:adminteam@innatetherapies.com)