

Anxiety in Children – Positive Strategies for Parents

Tue 11th Feb. 2020 | 7:15 - 9:15pm

The SandPit Theatre, The Ridgeway, St Albans, AL4 9NX



Parenting a child who struggles with anxiety can be exhausting and confusing at times. Every parent wants their child to be happy and confident, but it can be hard to know how best to support our children.

Many parents feel uncertain about why their children become anxious and whether they need to do more to protect them from difficult circumstances or back away and allow life experiences to run their course.

In this informative and skills-based talk, Dr Kerstin Thirlwall will share typical causes of childhood anxiety and ways in which parents can help their child to overcome their fears and worries and better regulate their emotions. She will provide an overview of parenting techniques and environmental factors useful for raising emotionally healthy children.

This talk complements our recent event: *Raising Confident Children and Tackling Their Fears*. There may be some overlap, but emphasis of this talk will be on the importance of building secure attachments and on parent-led cognitive behaviour therapy (CBT) strategies.

Who is this event for?

This talk is aimed at any parent/carers seeking tips on how to support a child with anxiety, most suitable for children aged 2-12 years, with some discussion of what can be expected in adolescent years.

It may be also useful for parents who struggle with their own anxiety levels.

What will parents gain from the event?

- An overview of childhood anxiety and ways in which anxiety may manifest in childhood
- Techniques for supporting calmness and building confidence
- Strategies for increasing resilience and building up brave behaviour

About our speaker

Dr Kerstin Thirlwall is a Chartered Clinical Psychologist and completed her training at University of Oxford. Following her clinical doctoral degree, she was awarded a clinical research fellowship by the Medical Research Council and led a treatment trial investigating the effectiveness of parent-led cognitive behaviour therapy for childhood anxiety disorders.

This evidence based approach has subsequently been adopted across numerous NHS settings.

In addition to journal publications, Kerstin has co-authored several treatment manuals and *Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids*, a book for therapists working with parents, commissioned by Guildford Press (USA).

She is a visiting fellow at University of Reading and an honorary fellow of The British Psychology Society. She provides training to health professionals and parenting workshops alongside her clinical practice.

Kerstin is passionate about helping children and young people overcome difficulties relating to anxiety, low moods and/or poor self-esteem.

She helps children and their families to better understand factors which contribute to the development of positive mental health and supports them to change unhelpful habits and increase practices known to be effective in improving emotional resilience. She often works closely with parents in order to support them to help their child.