

The University Psychology Clinic
Cool Little Kids® Anxiety Prevention Program for Parents of
Children aged 3 – 6 years

The Program	<p>The University Psychology Clinic offers 6-session Cool Little Kids® Anxiety Group Programs.</p> <p>Cool Little Kids® is an evidence-based group program developed by researchers at the Centre for Emotional Health at Macquarie University in 2010. The program is NOT a clinical treatment program but a preventative program teaching parents how to manage early signs of anxiety displayed by their child. This may include behaviours such as shyness, fearful, withdrawn or inhibited behaviour and difficulties separating from caregivers.</p> <p>The group is designed for parents only to attend and a workbook is provided. Both parents are encouraged to attend if possible.</p> <p>Group sessions include presentations, skills training, group discussion, practical exercise and home practise covering the following topics:</p> <ul style="list-style-type: none">○ Learning about early signs and causes of anxiety○ Parenting an anxious child○ The role of avoidance and overprotection○ Fighting fear by facing fear (stepladders)
Cost	<p>There is an admin fee of \$25 for each family to cover the cost of the workbook.</p>
The Service	<p>The University Psychology Clinic (UPC) is a training clinic for provisionally registered psychologists (students) undertaking postgraduate training in clinical psychology. As UPC is a teaching clinic all sessions are videorecorded for review with supervisors to ensure the best possible services for clients. The clinic is located at the Sandy Bay Campus.</p>
When	<p>Programs are run regularly throughout the year and details of commencement and registration dates can be found on the website www.utas.edu.au/psychology-clinic</p>
The Process	<p>Parents can register online at the website above. Following registration you will be contacted to arrange an intake appointment or phone call to obtain relevant background information. You will also be asked to complete questionnaires and together this information will be used to determine if the program is suitable for you and your child. If the program is not suitable suggestions for accessing individual therapy at UPC or at a more appropriate service will be provided.</p>

If you have any queries at all please feel welcome to contact us on 6226 2805.

THANK YOU