



The program consists of 10 2 hour sessions (1 1/2 hour child and 30 minute parent).

Each family will also be required to purchase a child & parent work books.

Contact our office on (07)5549 1696 to ensure your child does not miss out



A fun and innovative approach to prevention of the development of anxiety disorders, whilst increasing emotional resilience and coping skills in children (7-12 years).

## Solutions for Life

Psychological, Educational, and Assessment Services  
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# Take Action



Anxiety can be defined as an emotional reaction arising from real or perceived threat and is generally conceptualized as consisting of psychological, cognitive and behavioural factors. *Take Action* is built upon a large body of research and practice evidence that indicates anxiety disorders in childhood can be successfully treated with Cognitive Behavioural Therapy (CBT). CBT enables children to identify their anxiety and to apply skills to gradually approach anxiety-provoking situations. More specifically such interventions include:

- Psycho-education about anxiety
- Somatic management of physiological symptoms
- Cognitive restructuring
- Graded exposure to anxiety provoking situations
- Problem solving skills
- Emotional resilience
- Social skill training (e.g. assertiveness)
- Relapse prevention and maintenance

Children are taught a range of CBT strategies in the Take Action program via a 6-step ACTION plan. Each letter in the word ACTION stands for a skill children learn:

**A** Be **AWARE**. The first step in ACTION plan teaches children to be **AWARE** of their feelings and learn to recognise when they feel anxious.

**C** Keep **CALM**. Once children learn to be AWARE of signs of anxiety, the second step in the ACTION plan teaches the child strategies to keep **CALM** and reduce their anxiety

**T** **THINK** Strong Thoughts—Building on from being AWARE and keeping CALM, the third step in the action plans teaches children to **THINK** positively and confidently.

**I** Get **INTO ACTION!** The fourth step in the ACTION plan encourages children to gradually confront anxiety provoking situations using the

**O** Use my **OPTIONS!** The fifth step in the ACTION plan teaches children additional strategies (or **OPTIONS**) to further manage their anxiety including problem solving, asking supportive others to help, and focusing on the positives.

**N** **NEVER STOP** taking ACTION! The last step encourages children to plan for anxiety-provoking times so they can keep taking ACTION against anxiety in the future.

Anxiety is a normal part of child hood, however around 12 percent of children develop a diagnosable disorder, experiencing fear, nervousness, shyness, and avoiding places and activities.

Research illustrates that untreated children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences and engage in substance abuse.

**Take Action** is an evidence-based intervention combining recent research on threat-based cognitive biases and maladaptive thinking styles in childhood anxiety disorders with the well established principles of CBT.



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