

Frightened by Life:



How to support children to let go of worry and engage with life

Heightened anxiety is the most treatable of all psychological conditions.

Anxiety comes from worrying about what will happen next.

It causes difficult feelings. Yet anxiety is with us throughout our life.

Anxiety symptoms in children include: headaches; tummy aches; tiredness, nausea; overwhelm; separation issues; sleeping issues; rituals and phobias.

Children attempting to reduce or avoid anxious feelings display a range of coping behaviours like: demanding to know everything; thinking about the worst possible outcomes; avoiding learning; refusal to engage with others; seeking constant reassurance; and meltdowns.

This workshop aims to provide professionals with hands-on experience in how to empower children to take charge of anxiety, tolerate 'not knowing', and regulate anxious feelings using the 'OK Zone' framework. As adults we can support children to rejoin life.

In doing this we shall address provocative questions like:

- ❖ Should we be seeking to totally eliminate anxiety?
- ❖ Is there meaning behind anxious feelings, or is it just the nervous system?
- ❖ Can children be taught to reduce their own anxiety symptoms?
- ❖ Is anxiety contagious – and therefore not an individual problem?
- ❖ Does reassuring children 'it will be ok' actually increase anxiety's grip?
- ❖ Can altering how we interact with "the anxiety" reduce its' power?

This interactive and *practical* workshop is delivered by **Fiona Griffith**; Clinical Counsellor and PACFA Accredited Supervisor practicing in the Adelaide Hills. This workshop is for counsellors, psychologists, other health professionals, teachers and support workers who work to help children struggling with anxiety.

To REGISTER interest email: counselling@fgriffith.id.au or phone 0414 985 934