



Children's Wellbeing Practitioner

Inspected and rated
Outstanding ☆
 Care Quality Commission

MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

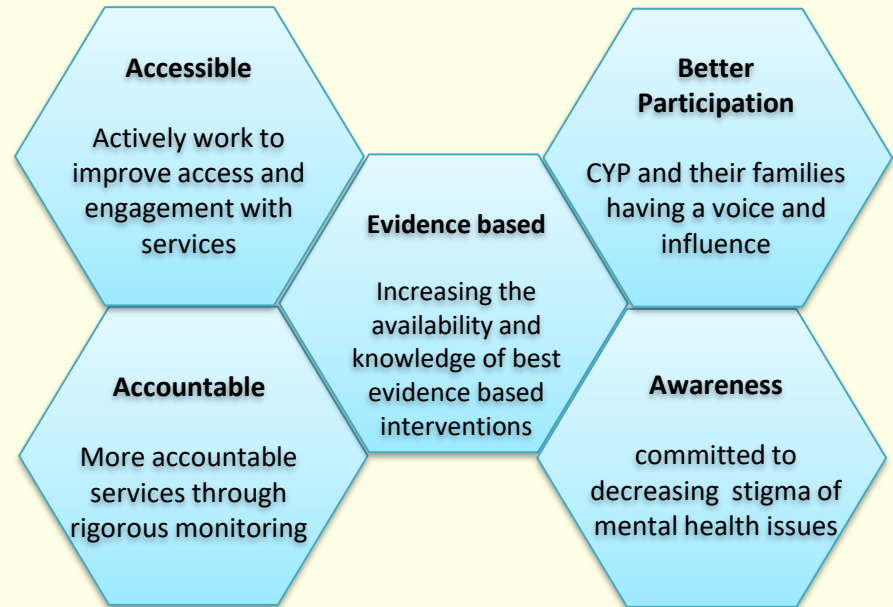
Agenda

- Training
- Foundations of service
- Brief overview of sessions
- Inclusion/exclusion criteria
- Low-intensity interventions

Training

- One-year post graduate qualification in delivering evidence-based low-intensity CBT informed interventions to children and young people (graduate option is also available)
 - Needs a work placement and Service commitment to support placement
 - Theoretical basis with assignments
 - Application to practice
 - Practical assignments
 - Highly supervised
 - Clinical practice is video recorded

Foundations of Service



iThrive Model

IAPT Core Principals

What can we do?

1:1 work

Group work (children or parents)

Parent support

1:1 low intensity work



Short term support



6-8 sessions /30-45 minutes each



Guided self-help



Can work with:

Low mood

Panic

Anxiety

Phobias

Suitable referrals for Low Intensity CBT

Can work with

Behavioural difficulties – identification, brief parenting support

Training parents and community leaders to support interventions with children

Low mood

Worry management

Anxiety/avoidance: e.g. simple phobias, separation anxiety

Panic management

Assessing self-harm, thoughts of self-harm and supporting with alternative coping strategies. Young people with history of self-harm but not active

Sleep hygiene

Thought challenging negative automatic thoughts

Problem solving

Suitable referrals for Low Intensity CBT

Unlikely to work with

Conduct disorder, anger management, full parenting programmes (i.e. Triple P, Solihull Approach)

Treatment of parents' depression and anxiety

Anger management training, chronic depression

Low self-esteem, social anxiety disorder

Extensive phobias, i.e. blood, needles, or vomit phobia

Severe, active, high risk self-harm

PTSD, trauma, nightmares

Relationship problems – counselling for issues such as relationship problems may be better suited to school counsellors

Obsessive compulsive disorder

Moderate to severe attachment disorders

Pain management

Historical or current experiences of abuse or violence

Suitable referrals for Low Intensity CBT

May work with

Support staff and help co-facilitate a full parenting programme such as Triple P

Irritability as a symptom of depression or anxiety (can present as anger)

Low confidence, assertiveness or interpersonal challenges – e.g. with peers

Some short-term phobia exposure work

Thoughts of self-harm, self-harm not requiring medical attention. Support to develop healthy coping strategies

Insomnia (further training may be required)

Assessment of complex interpersonal challenges

Children that are displaying rigid, ritualistic behaviour that may or may not be within a diagnosis of ASD

Our remit

- Low Intensity
- CBT informed approach
- We do not diagnose
- We do not provide medications

CBT Interventions for Anxiety & Low Mood

- Worry Management
- Graded Exposure
- Behaviour Activation

This intervention aims to improve mood by increasing engagement in valued activities through:

- Psycho-education of how low mood is maintained
- Identifying balance of daily activities
- Identifying personal life values
- Scheduling meaningful activities
- Problem solving

Group work examples

Group Workshops

- Sleep hygiene
- Worry management
- Problem solving

Group treatment

- Managing Low Mood
- Managing Worries
- Managing Emotions

Parent led support examples

Parent-Led CBT for “Helping Your Child with Fears and Worries,” by Cathy Creswell

- This intervention aims to support parents in implementing strategies to help their child overcome anxiety & fears through:
 - Guided self-help: Book + CWP coaching
 - Psycho-education around anxiety & understanding the maintenance cycles
 - Practicing asking questions & listening
 - Helping your child challenge anxious thinking
 - Encouraging independence & having a go
 - Step by step plan to work towards goals
 - Problem solving

Parent led support examples

Parent-led, systemic approach for children with behaviour difficulties

- NVR is a parenting approach designed to help parents and carers of children/young people with behaviours of concern. The focus is on building or rebuilding the relationship between parent and child.
- Parents learn to:
 - Become a positive presence in their child's life
 - Improve your relationship with their child
 - De-escalate difficult situations
 - Take a firm stance against challenging behaviour
 - Develop a robust network of supporters

Any questions?