



Holderness Academy
& Sixth Form College

PARENT-LED CBT

(Cognitive Behavioural Therapy)

What is Parent-Led CBT?

Child Well-being Practitioners provide short-term interventions to parents and carers, in a 12-week programme, with sessions lasting between 1 hr to 1hr 30 minutes, through a variety of virtual group-sessions and telephone support. The therapy is low-intensity, which means it does not interfere with day-to-day life, where possible. The programme is for parents and carers who would like to support their child in overcoming their worries and anxieties, and requires participants to access an evidence-based workbook, which should be completed between sessions, to better aid their child's progression. There is evidence that highlights this age group of children is less able to understand their own cognitions and physical sensations, hence the importance of alternative parent-led CBT support. The service between 7 and 11 year olds, with an East Riding of Yorkshire address.



Aspirational
Explorer



Respectful
Leader



Resilient
Scholar



Kind
Collaborator

For further information on Parent-led CBT
support contact cwp@eastriding.gov.uk