



# ONE STEP AT A TIME PROGRAM: PARENT SUPPORT FOR CHILDHOOD ANXIETY

Parents/guardians: Do you have a primary school aged child experiencing symptoms of anxiety?

Clinicians at Swinburne University have developed a program to help parents of young people ages 6-11 years old manage childhood anxiety.

Does your child have problems with the following?

- Difficulties sleeping at night due to worries
- Fears and phobias
- Difficulty separating from you or worrying about parental safety
- Difficulties sleeping in bed on their own
- Fearful of the dark
- Scared of lifts, trains, and people
- Scared of dogs and other animals
- Excessive worry and constant reassurance seeking
- Fearful of germs and other health problems

Sessions are offered through telehealth and are open to families living in Australia. The One Step at A Time program involves:

- Comprehensive psychological assessment of your child's anxiety
- Seven sessions of online counselling through video conferencing
- Parent-focused cognitive behavioural therapy (CBT) skills to help you manage and support your child's anxiety
- Two combined parent-child sessions
- Reflective parenting strategies
- Access to a website that contains self-help materials to supplement therapy

## Contact us

Referrals and enquires can be made by contacting the Swinburne Psychology Clinic on the details listed below.

Telephone: 03 9214 8653

Email: [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

Online referral:  
<https://forms.office.com/r/kxjjie5YcM>

Cost: No fee until November 2021.  
\$10 per session/assessment after November 2021

## CONTACT

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