

## The University Psychology Clinic

### Cool Kids® Anxiety Program for Children aged 8 – 12yrs

|                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>The Program</b> | <p>The University Psychology Clinic offers 10-session <b>Cool Kids</b>® Anxiety Group Programs.</p> <p>Cool Kids® is an evidence-based group program developed by researchers at the Anxiety Research Unit at Macquarie University in 2003. The program utilises a cognitive behaviour therapy (CBT) approach to teach parents and children better ways to manage anxiety.</p> <p>Parents and children attend the program together and are provided with workbooks. The session is split into three sections; the beginning and end of each session is a combined session with children and parents attending together. The middle section provides an opportunity for children to work together with a student while parents work with another student in a separate room.</p> <p>Group sessions include presentations, skills training, group discussion, practical exercise and home practise covering the following topics:</p> <ul style="list-style-type: none"><li>○ Learning about feelings and anxiety</li><li>○ Detective thinking, and learning to think more realistically</li><li>○ Ways that parents can help</li><li>○ Fighting fear by facing fear (stepladders)</li><li>○ Learning to solve a problem</li><li>○ Building assertiveness and dealing with teasing</li></ul> |
| <b>Cost</b>        | <p>There is an admin fee of \$35 for each family to cover the cost of workbooks.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>The Service</b> | <p>The University Psychology Clinic (UPC) is a training clinic for provisionally registered psychologists (students) undertaking their postgraduate training in clinical psychology. As UPC is a teaching clinic all sessions are videorecorded for review with supervisors to ensure the best possible services for clients. The Clinic is located at the Sandy Bay Campus.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>When</b>        | <p>Programs are run regularly throughout the year and details of commencement and registration dates can be found on the website <a href="http://www.utas.edu.au/psychology-clinic">www.utas.edu.au/psychology-clinic</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>The Process</b> | <p>Parents can register online at the website above. Following registration you will be contacted to arrange an intake appointment to obtain relevant background information. You will also be asked to complete questionnaires and together this information will be used to determine if the program is suitable for you and your child. If the program is not suitable suggestions for accessing individual therapy at UPC or at a more appropriate service will be provided.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

If you have any queries at all please feel welcome to contact us on 6226 2805.

THANK YOU