Cool Kids Program

ABOUT THE CEH CLINIC
The Centre for Emotional Health Clinic (CEHC) is a research and training clinic aimed at furthering our understanding of child & adult emotional health and improving methods of treatment. The Clinic also offers private, full fee paying services. Families who seek help at the CEHC will receive state of the art assessment and treatment based on internationally recognised research, much of which has been conducted by our team over the past 20 years.

ABOUT THE COOL KIDS PROGRAM
Cool Kids is a 10-session program aimed at treating anxiety disorders in children and adolescents. It uses a cognitive behavioural approach which means that it focuses on teaching skills to manage anxiety.

Core skills include;

• how to identify anxious thoughts, feelings, and behaviours,
• discovering realistic thoughts and expectations (detective thinking), and,
• gradually building independence and confidence by facing fears (stepladders).

If needed, coping skills such as problem solving and relaxation are also introduced to help manage difficult situations.

Parents are shown how to support their child in the use of these new skills and a section of the program focuses specifically on parenting strategies that encourage children to self-manage anxiety.

During each session families practice skills during discussion, games, role play and in real life situations. Practice tasks are a crucial part of the program and are given following every session. Practice tasks encourage use of new skills in everyday life.

While Cool Kids can be run for individual families or in a group for multiple families, at the CEHC Cool Kids is offered as a one-on-one program with individual families (rather than as a group with other children and families) and sessions will include time with a child and parent/s together, time with children alone and time with parents alone.

WHO IS COOL KIDS DESIGNED FOR?
The Cool Kids Program is designed for children:

• Who are 7-17 years old,
• Who are in grades 1 through 12,
• Where anxiety is the main problem and it affects his or her day-to-day life, and
• Who are not accessing other treatment for anxiety (except medication).

The standard Cool Kids program will not be suitable for a child who has significant learning delays, autism or if another difficulty such as depression or oppositional behaviour are the main problem. Modified versions of Cool Kids are offered for these circumstances through our full fee service.

In addition, children or adolescents who are suicidal, who are self-harming or who have been school refusing for two weeks or more, will not be recommended to the Cool Kids program due to the complexity of these situations.

These exclusions are in place to ensure that Cool Kids is delivered to children who are most likely to benefit from the program. Each child will be carefully assessed to determine whether Cool Kids is appropriate or whether other programs or services may better meet their needs.

HOW DO I START?
Further information and links to register can be found on our website.