



School Phobia and Anxiety

Designed for a Young Person with school Phobia and associated anxiety including anxiety attacks

Introduction

- Establish rapport including willingness to participate in session.
- Identify what the young person wants to change about the situation.

Exploring the motivation and intention

- Checking out motivation to change, e.g.
 - What will happen when you have what you want?
 - What will happen if you do not have what you want?
 - What will happen if you don't have this problem any more?
- Identify any positive intentions behind the behaviour and any other ways that this positive intention can be satisfied (e.g. it could be fear of leaving a parent because of illness or other perceived danger).
- Use of solution focused questions.

Input

- Examples of strategies for self-management of anxiety:
 - 7/11 breathing technique.
 - Emotional Freedom technique with positive affirmations.
 - Hara -creating a calm, focused and balanced state.
 - Anchoring of positive, calm states.

Future pacing

- Mental rehearsal using the cinema technique, identifying new desired behaviour, imagining how it will look feel and sound, visualising using association to practise new behaviours.