



‘Timid to tiger’ group – for parents of anxious children

Timid to tiger is an entirely parenting-based approach to managing anxiety in children aged nine years or below. It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

The group aims to explore the role of anxiety within a family and how it develops. It will also explore the ‘pyramid’ which is the basis of all the different sessions offered.



Programme overview

This is a 10-week programme, which utilises social learning theory and cognitive behavioural therapy (CBT). It is evidence-based and many child and adolescent mental health services (CAMHS) use this approach with great success.

The programme provides:

- + An initial screening assessment to identify suitability
- + Attachment-based play and gentle disciplinary techniques
- + Tools to help manage children’s fear and worry
- + Learnings from a group experience, taking strategies from other people in a similar situation and from group experts

The parenting sessions are two hours each and can accommodate 10 to 15 parents. This closed group will be held every Tuesday during school term, to support with child care, and is also available to other primary carers and grandparents.

What to expect

Sessions 1-10

1. Introduction to the programme
2. Securing the parent-child bond through non-directive play
3. Understanding your child's anxiety
4. Using praise to build children's confidence
5. Using rewards to get the child motivated
6. Setting limits on anxious children's behaviour
7. Using withdrawal of attention to manage children's behaviour
8. Managing worry
9. Managing really difficult behaviour
10. Review of the work

Meet our team

Paula Reid

Paula has worked both in the voluntary and public sector for over 15 years. She is a qualified social worker and a fully accredited cognitive behavioural psychotherapist.

Training includes 'The incredible years parenting programme' and many other psychological therapies, such as schema therapy. Her training reinforces her knowledge in relation to attachment and the importance of this within a parent-child relationship.

Paula is experienced in working with children aged 5 to 18 years, and with children who present with anxiety-based presentations. Paula prides herself on having the ability to help parents see things from their child's perspective.

About Priory Hospital Altrincham

Set within a beautifully-appointed manor house, Priory Hospital Altrincham is located in a tranquil Cheshire setting, complete with landscaped gardens. The hospital provides a peaceful, welcoming and homely feel, and offers the perfect environment for adults and young people to receive specialist treatment for a range of mental health challenges, including addictions, depression, anxiety, stress and eating disorders.

We are one of the UK's leading mental health treatment centres and our dedicated team are committed to ensuring that you benefit from a safe and comfortable environment at all times, and receive the highest standard of care for your mental health concerns.



Costs and more information

This group is made up of 10 sessions at a cost of £1100 in total (£220 per 2-hour session). Those who take part in the first 10-week programme will receive a discounted offer of 10 sessions for the price of 8. This will also include a free initial assessment session. We accept those who wish to self-pay or use private medical insurance.

For further information, you can contact the team at Altrincham directly by calling **0161 904 0050** or emailing **AltrinchamAdmissions@priorygroup.com**

For the most up to date information on our services, please visit our website.