

ADDITIONAL RESOURCES AND STRATEGIES TO DEAL WITH ANXIETY, FEAR AND WORRY

<http://tinyurl.com/co3aka2> Parenting a child with Anxiety

Freeing Your Child From Anxiety, by Tamar E. Chansky, PH. D., Broadway Books, 2004.

Freeing Your Child From Negative Thinking, by Tamar E. Chansky, PH. D., Da Capo Press, Perseus Books, 2008.

* Establish and continue to offer affirmation, attunement, attentive listening, empathetic conjecture, empathetic reflection, refocusing, understanding and validation, along with time to process and discuss what happened in the experiences of the interaction.

* Empathic Exploration for Experiencing Emotions – to build self-awareness of what the emotions are and what else is accompanying the emotions, to begin to identify and label emotions accurately.

* Allowing, Accessing and Experiencing Emotions – to allow the student to express emotions instead of stuffing them, to learn to respond to upsetting situations more appropriately instead of getting nervous, anxious, worried or fearful and shutting down.

* Self-monitoring charts for homework after learning and practicing in session - to detail situations, physical sensations, emotional response, and thoughts to build self-awareness and begin to track patterns, to help make the student's unknown and undefined thoughts and feelings more concrete and real.

* Clearing Space – to deal with spinning thoughts, impulsive reactions, fears, over-generalizing and catastrophizing. "Save & Store" - picture a storage box up on a shelf or a file cabinet drawer with folders. Put your current thoughts and worries in there to pull out and examine later with someone. Later talk with parent, teacher, counselor or friend about those worries or fears.

* Thought Log – to deal with spinning thoughts, impulsive reactions, fears by generating and developing counter-thoughts, work on developing new, replacement "self-talk".

<http://www.anxietyla.com/anxiety-treatment/cognitive-behavioral-therapy/>

http://www.anxietynomore.co.uk/anxiety_worrying_thoughts.html

* Rational Emotive Behavior Therapy – to deal with perfectionism, pleasing others, over-generalizing and catastrophizing using the "Musterbation" worksheet/self-monitoring form for homework after learning and practicing in session.

<http://counsellingresource.com/lib/therapy/types/rational-emotive/>

<http://www.rebtnetwork.org/whatis.html>

* Empty Chair – for practicing what the student would like to be able to say but feels the student “can’t say” to be more assertive and ask for what the student wants and needs. Place an empty chair directly across from you; picture the person you would like to talk to and practice saying what you would like to be able to say to that person without worrying about their response or reaction.

* Relaxation therapy techniques – progressive muscle relaxation – see <http://stress.about.com/od/generaltechniques/ht/howtopmr.htm>

<http://www.youtube.com/watch?v=HFwCKKa--18>

<http://kidsrelaxation.com/>

<http://www.stress-relief-tools.com/relaxation-techniques-for-kids.html>

* Visualization – picture yourself in a relaxing place, a vacation spot, take three to ten deep breaths while visualizing yourself sitting or relaxing in this place. See also:

<http://www.stress-relief-tools.com/visualization-relaxation.html>