

Managing Anxiety

Visual Tools & Experiential Approaches

19th October 2018

Reference to Solution Focused Brief Therapy (SFBT) Cognitive Behaviour Therapy (CBT), Choice Theory & Mindfulness

In Singapore, 76% of students reported high anxiety especially when examinations were near. Though some anxiety propels us to do our best, for the young High Anxiety can be debilitating and they will need help. Counsellors and Psychologist have reported that 90% of their clients have Anxiety as a presenting issue.

Content Elements

- **Anxiety** – what really happens in the Brain and Body.
- **Skills for Managing Anxiety:**
 - meta-cognitive skills (thinking about how we think)
 - deliberate attentional control
 - agency (getting in the driver's seat)
 - body connection, increasing tolerance and distraction
 - visual resources to understand and manage Anxiety
- **Hands-on Experimentation** with a range of Visual resources
- **Experiential Approaches to Anxiety Management:**
 - including counting, colouring, movement, listing
 - tapping, alphabet tasks, music, drawing, affirmations
 - biomimicry (copying the natural world)
- **Strengths-based, solution-focused brief therapy**
 - skills including reframing, normalising, externalising
 - questioning techniques



*Anxiety Solutions for
Young people and Adults
cards Set*



Anxiety Solutions for Kids cards Set

Facilitator



Andrew is the practice development coach at St Luke's Innovative Resources. He is a highly experienced trainer of 'strengths-based practice', delivering workshops across the helping service sectors throughout Asia-Pacific. Through his training and group facilitation work Andrew has developed a myriad of skills and experiences to share with new and seasoned practitioners.

Andrew's commitment and dedication to reflective practice have earned him great respect and admiration. He is an expert facilitator of the 'strengths approach' learning and skills development for individuals, team and organisations.

Andrew has a personal interest in the area of Anxiety and aided in the development of Anxiety Solutions for Kids at Innovative Resources. (picture reference on the left)

Practice

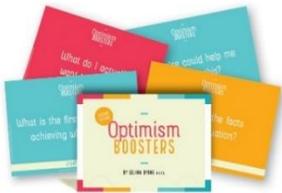
The tools and strategies used in this workshop draw on strengths-based approaches to practice, Solution Focused Brief Therapy (SFBT), Mindfulness, Cognitive Behavioural Therapy (CBT), brain research, Choice Theory and Positive Psychology. The 50 activities used in *Anxiety Solutions for Kids* are based on techniques used for many years with adults, youth and children by consulting psychologist, Selina Byrne M.A.P.S.

Audience

This workshop is for child, adults, youth and family workers, teachers, counsellors, mental health workers, pastoral care workers, parents and anyone who supports children and young people.

Participants in this workshop will take away a range of strategies to support themselves or others in managing anxious thoughts and feelings, whether at home, at school, at work or within formal counselling settings. Participants will also receive the assurance of knowing the practice base from which these strategies arose.

Details



Optimism Boosters cards



Shadows and Deeper Shadows cards



CAT

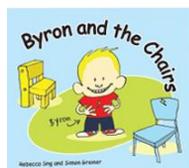
Anxiety Dolls



CLOUD



The Bears card Set



Picture Books

Resources used in the Workshop

Date : 19 October 2018

Time : 9:00 am to 5.00 pm
Registration begins at 8.30 a.m.

Venue: To be confirmed

EARLY BIRD PRICE: \$360
(ENDS on 15th September 2018)

Normal Price : \$390

Group discounts:

3-5 participants - 5%

6-9 participants - 8%

10 and more participants - 10%

Price is inclusive of "Anxiety Solutions for Kids - 50 ways to ride the wave" card kit worth \$80.00. A discount will apply for those who already have the card set.

Morning tea and lunch is provided.

We are committed to keeping class sizes small to enhance effectiveness of our trainings, so do register early.

Workshop can be considered for VCF funding as a non pre -approved course.

For further enquiries, please call

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Facebook: Relational Resources