



MACQUARIE
University

**ENQUIRE
ABOUT
SCHOOL
HOLIDAY
PROGRAMS
TODAY!**



**A STRUCTURED SKILLS-BASED ANXIETY
MANAGEMENT PROGRAM FOR KIDS!**



info@sydneyphobiaclinic.com.au



(02) 8540 8739

S516, 155 KING ST, SYDNEY

The total price of the program is \$1,800 (\$180 per session, excluding resource costs) and Medicare rebates may be sought with an eligible Mental Health Care Plan from your GP.

The Cool Kids™ program is a well-renowned program developed at Macquarie University's Centre for Emotional Health Clinic. Offered at Sydney Phobia Clinic, it is a structured, manualised Cognitive-Behavioural Therapy (CBT) program that can incorporate virtual reality exposure therapy (VRET) as appropriate. The Cool Kids™ program is a 10-week course that teaches children and their parents how to manage anxiety. The Cool Kids™ program is offered for kids aged 7-17, pending suitability assessment. The core skills covered in the program include:

- How to identify anxious thoughts, feeling, and behaviours
 - Discovering realistic thoughts and expectations (detective thinking)
 - Gradually building independence and confidence through facing fears (stepladders)
 - Add on modules including parenting skills, assertive communication and problem solving
-