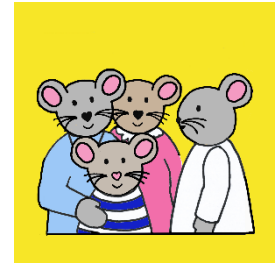


Booster (Anxiety)

Use This:

To follow up with the family after treatment for the young person's anxiety (1 and 3 months' post treatment).



Goals

- The parent will review successes and challenges encountered with previously taught skills
- You and the parent will review the **Practice Record**
- Complete **Fear Ladder** and **Fear Thermometer** again if necessary
- Make adjustments or additional recommendations as needed

Materials

- **Practice Record** (p. 311, 312)
- **Fear Thermometer** and **Fear Ladder** (if required) (pp. 305, 307)
- **Weekly questionnaires** and **Monitoring sheet** (see pages 268 – 285)
- **Therapist Note Taking Sheet** (p. 267)

⚡ If time is tight: Review the child's status with the parent to determine whether additional adjustments or interventions are warranted.

Main steps

<input type="checkbox"/> Set an Agenda	Remember to start by setting an agenda together.
<input type="checkbox"/> Obtain Rating	Review Weekly questionnaires and Monitoring sheet in detail, and review the strategies, what strategies are working well/what aren't working as well.
<input type="checkbox"/> Discuss & Review Practice	Discuss with the parent the child's progress with exposure practice and review the Practice Record . Discuss any concerns the child may have at this point and reassure that continued practice after treatment has ended will lead to further improvement over time. Praise the child, and parent, for continued commitment and encourage further practice.
<input type="checkbox"/> Complete Fear Ladder & Thermometer	After reviewing, if necessary, re-visit Fear Ladder and Fear Thermometer and revise the Practice plan.
<input type="checkbox"/> Provide Feedback and Support	Discuss with the parent his or her continued use of other strategies learned, and provide praise for their effective use. Some continued feedback might be needed and can be offered at this point as well.
<input type="checkbox"/> Review Progress	Finally, discuss with the parent his or her satisfaction with the child's progress and whether it appears that goals have been met,

or whether additional treatment or other supports are still needed. Work with the parent to review and evaluate progress, define long-term goals, and outline plans for additional supports or services needed.

- Summarising** Ask if they would like you to summarise the session, if they want to summarise or if you should do it together.
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Helpful Tips

- When discussing how to apply the skills and tools that the parent has acquired during treatment to future problems, emphasise only those skills that you believe are highly likely to work well.
- If the family remains concerned about having ended treatment, you can tell the parents that they can contact you anytime during work hours.

How's Your Style?

- Did you praise often?
- Did you review often, by asking questions?
- Did you simplify the steps as needed?
- Did your pace match that of the child or family?
- Did you stay on track?