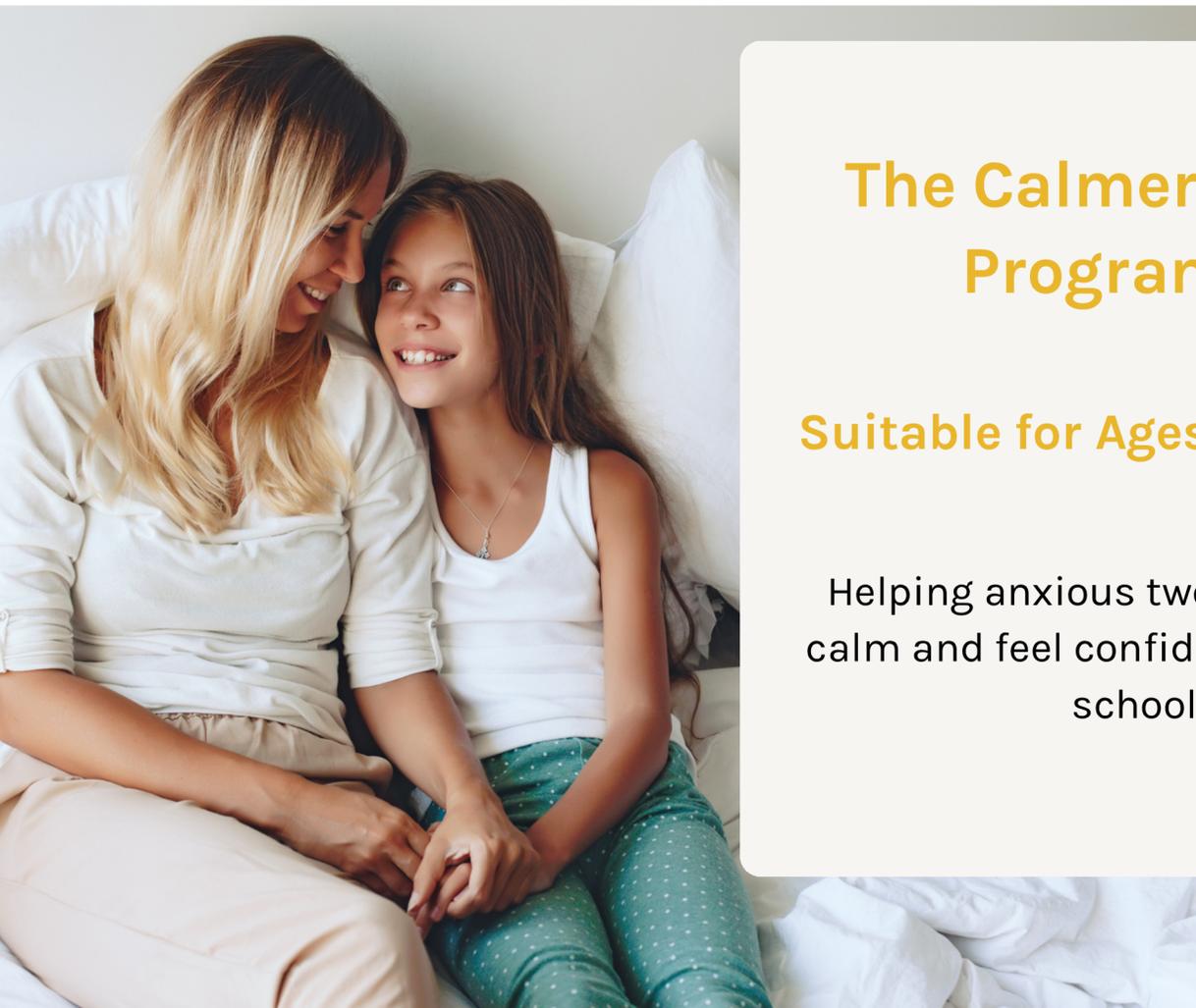


The Calmer Tweens Programme for School Anxiety



The Calmer Tweens Programme

Suitable for Ages 11 - 12 years

Helping anxious tweens to regain
calm and feel confident to return to
school

What is the Calmer Tweens School Anxiety Programme?

You watched your child transition to secondary school with all the hopes of seeing them grow and excel to their best. Naturally, they were a little anxious to start with, a new environment, new friends and a whole new set of rules. But you hoped with a little encouragement that they would soon settle in.

Unfortunately, weeks later they seem to be getting more worried about school, maybe even being unable to attend or showing signs of panic when the topic of school comes up.

If this sounds familiar, then the Calmer Tweens Programme may be the help you have been looking for. Based on the successful more advanced programme designed for teenagers, the tweens programme is designed for younger minds aged 11-12 yrs. It uses hypnotherapy and NLP to help anxious tweens reduce anxiety, learn techniques to manage their anxious feelings and feel ready to return to school. The programme includes one-to-one sessions with a certified pediatric hypnotherapist and access to mind training recordings they can access in-between sessions.

“Being a teenager is a period of transition, a time of learning how to show up in the world... let's help teens learn that anxiety doesn't need to be a part of that future.”

Sarah Hayes, School Refusal Specialist and Teenage Anxiety Hypnotherapist



Who is the Calmer Tweens Programme for?

The programme helps young people from the age of 11 -12 yrs who are experiencing anxiety about or in school.

This includes:

- ✓ Tweens showing transition anxiety when they move to senior school.
- ✓ Tweens with intermittent school refusal
- ✓ Tweens who are unable to attend school due to their anxiety

What is covered in the programme?

Helping your tween understand their anxiety.

Anxiety has a variety of physical, emotional, and mental symptoms that can feel overwhelming for a young person still learning how to cope with their feelings. Explaining what is happening in their body and why can help your tween understand their anxiety and recognise early symptoms. This awareness can help your tween be ready to take those initial steps to tackle their anxiety.



Exploring their anxiety triggers.

If your tween is refusing to go to school due to anxiety, it's easy to think that it must be the school environment that is triggering their anxiety. However anxiety can often have several triggers. These can be environmental, emotional, physical, and mental. Typically it's a combination of these. As we become more aware of what might make your tween and we can help them retrain their response.



Guided hypnotherapy and visualisation.

Using guided hypnotherapy and visualisation will help your tween change their learned response to anxiety. Helping them return to a more calm and balanced state. Hypnotherapy can help to quiet our thinking conscious mind and move us to a relaxed focused state - similar to being in a daydream. In this state, we are accessing the automatic part of our mind (the subconscious) and helping it to accept change through imagination and positive suggestions.



Tips and techniques to reduce and manage anxiety.

Learning practical and easy to use techniques to reduce and manage anxiety will help your tween to gain control over their anxiety and trust they can start to overcome it.

These techniques include:

- The 90 second rule to reduce a panic attack
- Releasing the physical affects of anxiety
- Calming strategies - calming anchors, mindful exercises
- Processing and decompressing

Preparing for return to school.

As your tween starts to regain their natural state of calm and can use coping techniques, it's time to prepare them to return to school. One of the most important aspects during this time is to ensure your tween stays on track. We enable them to prepare for their future with anxiety-reducing strategies and a solid foundation so they can prevent any setbacks.

We can't thank you enough. Jack did amazingly well last week - school started on Tuesday and he was in every day.

She has gone into school successfully throughout the half term with just a couple of days where she has been reluctant but has overcome this well and no days were she has refused to go. It's an amazing change from last year and gives me huge hope that she will continue to build up her resilience.

To our absolute shock Lilly insisted on going to school...what a difference to where we were before her first session with you.

Parental one-to-one session.

A happy family life is a balancing act. When one of the family members is struggling with anxiety, it throws the balance out for the family. Typically as a parent, you shoulder the full force of that stress. For this reason, the programme includes a one-to-one session to help you deal with that additional stress and help restore some of that balance.

Benefits of the Programme

 <p>Helps overcome the root cause of anxiety</p>	 <p>No need for detailed talking about their anxiety</p>	 <p>See improvements in just a few sessions *</p>
 <p>No long wait lists or assessments</p>	 <p>Helps to build emotional resilience</p>	 <p>Provides practical tools that can be used in everyday life</p>

* The pace of improvement varies, however, hypnotherapy is typically more effective in fewer sessions when compared with psychotherapy or CBT.

The Calmer Tweens Programme Frequently Asked Questions

How many sessions is the programme?

The Calmer Tweens Programme Includes:

Tween Sessions:

- 5 x 40 min Tween 1-2-1 Sessions
- Access to hypnotherapy recordings and mindful resources

Parental Sessions:

- 1 x 30-minute Parental Session (supporting your teen)
- 1 x 30 min Parental Progress Check-In

How frequently are sessions?

Tween sessions are held weekly.

How long is the programme?

The Calmer Tweens Programme is 5 weeks in total. Your tween will continue to have access to recordings after this time.

My tween is currently in counselling/other therapy, can they do the programme as well?

No. If your tween is currently undertaking another type of therapy they should complete that before embarking on the CTP.

How quickly will my tween return to school?

The programme is designed to help your tween overcome their anxiety around school. Once they are feeling less anxious we can then focus on return or increased time in school. It is unlikely your tween will return before session 3 or 4.

Does my tween need to do anything in-between sessions?

Your tween will have access to supporting information in between sessions, which may be PDFs, videos, or recordings. They will also be shown techniques to use when they feel anxious, which they can practice in between sessions.

What is the price for the programme?

The Calmer Tweens Programme is £550 and is paid at the time of booking the programme.

The price of the consultation and taster session are deducted if you choose to enrol on the programme.

Getting Started

Getting the right help to support your tween their mental health is an important decision. You will want to feel comfortable that the support being offered will get results and that your tween will be comfortable with the therapist.

That's why we start with an initial consultation call so we can discuss if this is the right approach for your child. There's no obligation to continue if we are not a right fit.

If the Calmer Tweens Programme is right for your child we can usually get their taster session started within a two-week period.



Ready to discuss if the Calmer Tweens Programme is the right solution for your tween? To get started book your parental consultation now.

[BOOK YOUR
CONSULTATION](#)



We have seen a huge change in her...she is calm, happy and been genuinely very excited about high school instead of being filled with anxiety.

Anxiety can be a very tough time for teenagers and their families. But with support and understanding, it is possible to get through this difficult period. If you need more help, please reach out.