

Raising Confident Children and Tackling Their Fears



Mon 1st April 2019 | 19.30-21.15 £19
The Maltings Theatre, Level 2, The Maltings, St Albans AL1 3HL
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All parents want their children to be confident, but how can parents make this happen? In this fun, skills-based talk, Prof Cartwright-Hatton will share what we know about anxiety and confidence in children. She will introduce parenting techniques that we know are useful for raising brave, resilient children. She will help parents to think about how their own fears and anxieties impact on their parenting in ways that can interfere. The talk is intended for any parent who is interested in raising a happy, confident child and might also be useful for parents whose children have some anxiety difficulties. However, it should not be viewed as a substitute for accessing appropriate clinical support for children who have more major anxiety problems.

Who is this event for?

This talk is most suitable for parents of children of aged 2-12 years. Strategies presented can also be used for teenagers.

What parents will gain from the event

- An overview of what normal anxiety is and what is not
- Techniques for building confident thoughts
- Strategies for helping your child tackle their fears and worries
- Touch on the various ways that anxiety might manifest in children

About our speaker

Sam Cartwright-Hatton began her career with a D.Phil (PhD) in the Department of Psychiatry at Oxford, under the supervision of Adrian Wells. The subject of this thesis was a MetaCognitive model of Generalised Anxiety Disorder in Adults.

During subsequent clinical psychology training in Manchester, she developed an interest in the area of anxiety in childhood and joined the Manchester clinical course as academic tutor, while working half-time as a clinical psychologist in the Manchester Children's Trust.

Eighteen months after qualification, she was awarded a 3-year NHS executive fellowship to develop her research in anxiety in childhood, with Professor Richard Harrington. This was followed by a 4-year MRC Clinician Scientist Fellowship to trial a new intervention for families of young anxious children.

She joined the University of Sussex in 2011 with an NIHR Career Development Award to develop and test a preventative intervention aimed at families with an anxious parent.

Sam was awarded the British Psychological Society Award May Davidson Award in 2009 for her research into anxiety of childhood.