

# PARENT/ CARER INFORMATION SHEET

Graded Exposure– Individual  
Support for children

How  
Long?

6–8 face to face sessions

Who is it  
for?

Children aged 8+ who have a specific fear or phobia significantly impacting on their ability to enjoy life. Children must want to tackle their fear.

What is it  
about?

The sessions are based on cognitive behavioural therapy which is evidence-based and explores the link between thoughts feelings and behaviours. Sessions explore the cycle of avoidance and how this reinforces fears by denying children the chance to experience and cope with uncertainty. It aims to plan experiences which help children to increase their coping skills and reduce thoughts of something bad happening in safe but feared situations.

What will  
happen?

The EMHP (Education Mental Health Practitioner) will meet weekly in school. They will help children to set specific and realistic goals for the short, medium and long term. They will learn about anxiety and the vicious cycle of avoidance. They will then create a hierarchy of activities ranking from least to most anxiety provoking to allow them to face their fear without feeling overwhelmed. The intervention is delivered by the EMHP but often with the support of parents.

You have the right to opt out of any support offered to you from the Mental health support team. If you wish to access support at a later time, please contact your school Mental health lead.

Disclaimer: This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

For further information please contact –[MHSTClinicalAdmin@alderhey.nhs.uk](mailto:MHSTClinicalAdmin@alderhey.nhs.uk)