Coventry intervention: Helping to manage anxiety for children and young people with ASD (aged eight years and over)

At the moment, this is available for those people with a COVENTRY GP ONLY. You cannot self-refer for this intervention. Please discuss the possibility of a referral with a professional and they can make a referral to our services using our usual referral forms, requesting this intervention.

This session will be facilitated by an experienced Occupational Therapist or Psychologist and a Neurodevelopmental Practitioner from the Neurodevelopmental Service.

What your child will learn

This workshop will explain what anxiety is and how it may be affecting your child. We will explore some strategies together to help your child effectively manage difficult feelings of stress and/or anxiety.

How your child will learn

The sessions include a variety of practical activities, along with handouts which will be available to take home on the final session for you and your child to keep. The number in the groups are kept purposefully small, the children in each session will be of a similar age group with similar difficulties. We will ensure a relaxed and safe environment in the group to ensure each child feels able to contribute as much as they feel they can.

Who will lead the workshop?

One of the clinicians below will run the group:

Liz Gray, Occupational Therapist - Liz is a qualified Occupational Therapist and has spent 15 years working in adult mental health services. This has included working with many people with ASD and anxiety, depression, ADHD and dyspraxia. Liz has an interest in the use of sensory strategies to improve anxiety and sleep, and developing and facilitating groups.

Natalie Hall, Neurodevelopmental Practitioner - Natalie’s role within the team is to run a variety of groups for children, and parents/carers. These include the Cygnet autism course for parents of newly diagnosed children, pre-assessment information sessions and an anxiety group for children and young people. Natalie has worked for the NHS for 10 years, working within the Child and Adolescent Mental Health Service before joining the Neurodevelopmental Service in 2014. She often works with groups of children with ASD and ADHD supporting them to manage their anxiety.
Training for excellence in the NHS

Sometimes we will also have trainees and students observing us in the sessions so they can learn about our work and develop their skills. This is a very important part of their training but if you or the young person would prefer not to have them in a session, please let us know when you arrive for the appointment.

Practical arrangements

Due to commissioning arrangements this intervention is available for those with a COVENTRY GP ONLY. When you arrive for your session, please check in at our reception desk and a member of the team will meet you there.

Childcare

Unfortunately, we are unable to offer any childcare provision.

How to book

After your referral is accepted, you will be invited to book onto this intervention by calling our admin team on 02476 961 226.

Neurodevelopmental Service

024 7696 1226

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