

# The Calmer Teens **Plus+** Programme for School Refusal



## The Calmer Teens Plus + Programme

For those teens needing extra help  
to overcome anxiety, build  
confidence and get back on track.

# What is the Calmer Teens Plus + Programme?

The Calmer Teens Plus Programme is for those teens who have been struggling with school attendance for a while. They have likely tried other therapies/counselling but continue to feel anxious about returning to school or feel stuck and directionless. They may show signs of low mood and low motivation.

The Calmer Teens Plus Programme is designed to not only help anxious teens to reduce their anxiety, feel calmer day to day, but also helps them to focus on a step-by-step approach to being more motivated about their own goals and build a positive future outlook. The programme includes one-to-one sessions with a certified pediatric hypnotherapist and includes; hypnotherapy, NLP, and positive mindset techniques. The programme takes a coaching approach, helping teens to set small goals to help them get back to their happier self.



*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 Teens Plus + Programme for?

The programme helps young people from the age of 13 to 16 years who are experiencing anxiety about or in school.

This includes:

- ✓ Teens who are unable to attend school due to their anxiety and have experienced this long-term
- ✓ Teens who have tried other therapies but still need help to progress
- ✓ Teens who were enhanced support over a longer period is required

# What is covered in the programme?

## Helping your teen understand their anxiety

Through gentle guided hypnotherapy your teen will start to gain insights into understanding the root causes behind their anxiety and learn to recognise triggers unique to them and this stage of life.



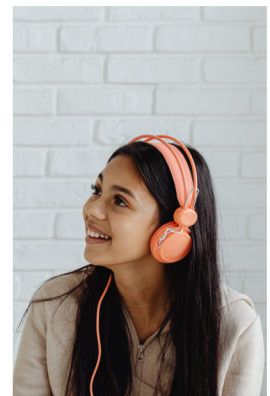
## Tools and Techniques for Anxiety Reduction

Time to get practical! How do we know we are anxious? Mostly because we FEEL it. That means your teen needs techniques to change how they feel - not just what they think. This module is all about giving them the tools to kick anxiety to the curb. We're talking about practical techniques, from daily mind training to tricks that will help reduce anxiety attacks quickly. Over the period of the programme your teen will build out their own personal toolkit, with the tools that work for them, so they can face whatever comes their way.



## Moving Through Feeling Stuck

Teens who have experienced anxiety for a while and struggle to be in school, often have a feeling of being stuck. They see no way out of how they feel, and can't even imagine life being different. Moving through that feeling stuck is a key stage to your teen gaining control over their anxiety. At this stage, we shift the subconscious block that's keeping them stuck.



## Empowering Teens for Their Future - Taking Control and Fostering Motivation

The final stage of the programme shifts focus towards empowerment and motivation. Your teen will learn how to take charge of their lives and shape their futures positively. Through goal-setting exercises, motivational strategies, and personal development techniques, we aim to cultivate a proactive mindset. The stage aims to inspire a sense of purpose and direction, encouraging teens to harness newfound skills to create a fulfilling future.



## Parental Sessions

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 parental sessions to help you deal with that additional stress and help restore some of that balance.

Parental sessions are designed to give parents an understanding of the world of adolescent anxiety. How to support them through this programme and foster a supportive environment. As a parent, it can feel impossible to know what do to to support your teen, no doubt you have tried being supportive and firm, but which way is best? In the parental sessions, we will uncover the patterns keeping you and them feeling stuck and explore practical ways to support your teen as they overcome their anxiety.

*I just thought you might like to hear - (he) continues to do well, smashing his mocks and had an interview at college. No issues at school, although a typical teenager at home, but overall he's doing great.*

*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.*

## Preparing to Return to School



As your teenager starts to regain their natural state of calm and can use coping techniques, it's time to help them prepare to return to school. One of the most important aspects during this time is to ensure your teen 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.

Please note: Return to education may be different for each teen depending on your teen's starting point. For some, a reduced timetable may be needed while they readjust to the school environment, for others, there may be alternative arrangements needed with the school. During the programme your teen will start to set out their return to school plan. You as their parent will be their advocate with the school to ensure their support to the plan.



# Benefits of the Calmer Teens Plus+ Programme



## Helps overcome the root cause of anxiety

Whether it's difficult experiences, learned responses to stress or a combination of mental and emotional challenges. Working with the subconscious mind we unlock the root and reset foundation emotions.



## No need for detailed talking about their anxiety

Few teens want to sit and discuss their feelings. If talking was the right approach for them, then their previous therapy should have worked right? The approach needs to feel different to engage them, hypnotherapy removes the need for long discussions.



## No long wait lists or assessments

At the Calmer Teens Programme, we only work with anxious teens, struggling with school attendance. That means if your teen meets the criteria to do the programme and engages in the taster session, then we can usually get them started within a few weeks, rather than months.



## Build Emotional Resilience and Provides Practical Tools

Equips teens with the skills and practical tools needed to navigate challenges, reduce anxiety, and pursue their goals with confidence and determination.



## Focussed on Progression and Outcomes

The Calmer Teens Plus + Programme is designed for teens needing that bit of extra support to conquer their anxiety. We use the tools of hypnotherapy and NLP and apply them through a coaching approach so your teen starts to see progression and outcomes quickly. \*

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

# The Calmer Teens Plus + Programme Frequently Asked Questions

## How many sessions is the programme?

The Calmer Teens Programme Includes:

Teen Sessions:

- 6x 50 min Teen 1-2-1 Sessions
- 1 x 30 min Teen Close-Out Session

Parental Sessions:

- 1 x 60 min Parental Session (supporting your teen)
- 1 x 60 min Parental Hypnotherapy Session
- 1 x 30 min Parental Progress Check-In

## How long is the programme and how frequent are sessions?

The Calmer Teens Plus Programme takes place over a two month period. Each month there are 3 teen sessions and 1 parental session. Teen sessions are held weekly for 3 weeks, then a 1 week break.

## My teen is currently in counselling, can they do the programme as well?

No. If your teen is currently undertaking another type of therapy it is best for them to complete that before embarking on the programme.

## How quickly will my teen return to school?

The programme is designed for teens who have been struggling for some time with anxiety and being in school. It's not a quick fix, however, we would aim to see your teen preparing to return to school around 5-6 wks. Some teens are not ready to return until they have completed the full programme.

## Do they need to continue the programme if they return to school?

Yes, ideally your teen would complete the programme even if they return to school quickly. This ensures they have the skills and tools to help themselves continue to live anxiety-free.

## Does my teen need to do anything in-between sessions?

Your teen will have access to supporting information between sessions, which may be PDFs, videos, or recordings. They will also be shown techniques to use when anxious, which they can practice between sessions. The more your teen engages in the programme the more improvement they should see.

## What is the price for the programme?

**The Calmer Teens Plus + Programme is £1200 and is paid at the time of booking the programme.**  
Please note: this excludes the Taster Session which is £49

## Getting Started

Getting the right help to support your teenager their mental health is an important decision. You will want to feel comfortable that the support being offered will get results and that your teenager 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 teen. There's no obligation to continue if we are not a right fit.

Following the consultation call, if the programme seems the right approach, we will then hold a taster session with your teen. This gives them an idea of how the sessions will work and to see if they are willing to engage in the programme. The taster session is £49.



Ready to discuss if the Calmer Teens Plus+ Programme is the right solution for your teenager? To get started book your free consultation now.

[BOOK A CALL](#)



*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. Please checkout the parental resources available on the website.



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