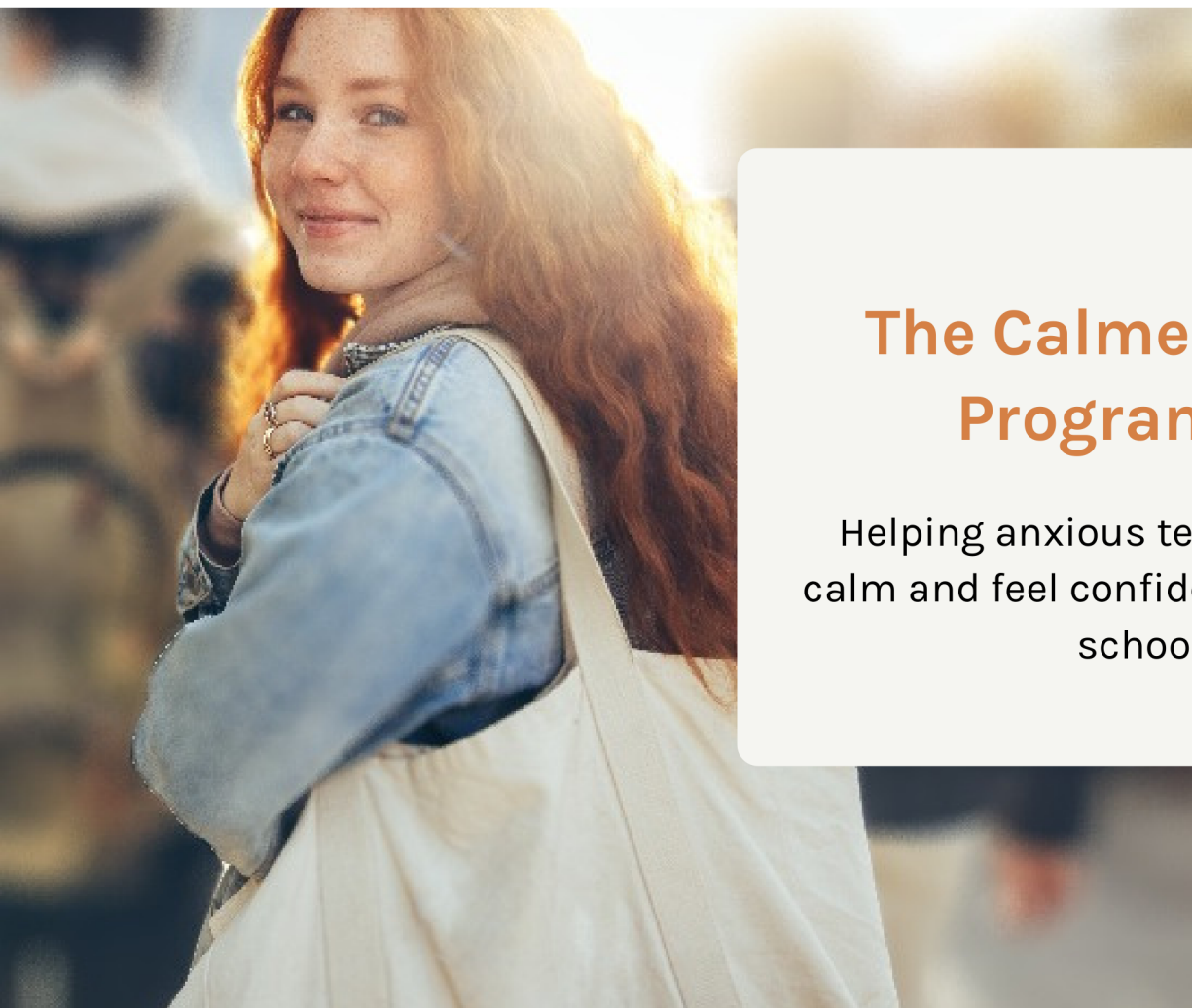


# The Calmer Teens Programme for School Refusal



## The Calmer Teens Programme

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

# What is the Calmer Teens School Refusal Programme?

Parenting an anxious teenager can be difficult. It's hard to know how to help them or what kind of support they need. Plus, if your teen is refusing to go to school, it can add a lot of stress for you and your teenager. But there is a way through this difficult time.

The Calmer Teens Programme for School Refusal is designed for anxious teens to help them to reduce their 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 includes; hypnotherapy, NLP, and positive mindset techniques. With the help of the Calmer Teens Programme, your teen will be able to overcome their anxiety and get back on track with their education.



*Being a teenage is a period of transition, a time of learning how to show up in the world... lets 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 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 showing the early signs of anxiety in school.
- ✓ Teens with intermittent school refusal
- ✓ Teens who are unable to attend school due to their anxiety

# What is covered in the programme?

## Helping your teen 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 teenager understand their anxiety and recognise early symptoms. This awareness can help your teenager be ready to take those initial steps to tackle their anxiety.



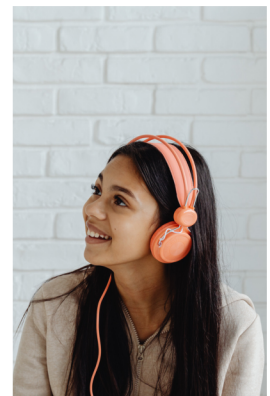
## Exploring their anxiety triggers.

If your teenager 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. Helping your teenager examine what their triggers are can help with exploring alternative ways to cope.



## Guided hypnotherapy and visualisation.

Using guided hypnotherapy and visualisation will help your teenager 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 meditation. In this state, we are accessing the automatic part of our mind (the subconscious) and helping it to accept change through imagination and positive suggestion.



## Tips and techniques to reduce and manage anxiety.

Learning practical and easy to use techniques to reduce and manage anxiety will help your teen 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 teenager 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 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.

*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 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.

## 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 Teens Programme Frequently Asked Questions

## How many sessions is the programme?

The Calmer Teens Programme Includes:

Teen Sessions:

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

Parental Sessions:

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

## How frequently are sessions?

Teen sessions are held weekly. The teen close-out session is typically 2 weeks after the fourth one-to-one session.

## How long is the programme?

The Calmer Teens Programme takes place over a 6-7 week period.

## 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 CTP.

## How quickly will my teen return to school?

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

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

Your teen 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 Teens Programme is £750 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 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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