

# Empower Your Family to Conquer Anxiety

## Parent/Caregiver Program

Join a specialized program combining small group sessions and personalized 1-on-1 guidance to equip you and your child/teen with tools to tackle anxiety at home, school, and beyond.

### Target Audience:

**For Parents & Caregivers of Children and Teens (ages 6-17)**

- Children and teens experience a variety of worries and stress in today's world. Is this group right for you? Consider joining if your child/teen struggles with one or more of the following, and it disrupts daily life:
  - Worries about making mistakes
  - Struggles to try new activities or meet new people
  - Has specific fears (e.g., bugs, going to the doctor)
  - Struggles to separate from you and fall asleep at night
- Parents/caregivers who are looking for concrete strategies and support as a first step to tackle anxiety in their family
- Parents/caregivers who are looking for a complement to their child's individual therapy sessions.

### Length of Program:

- 5 small group sessions (50 minutes each)
- 2 individual booster sessions (50 minutes each)

### Learning Modules:

- Theories on Anxiety & Worry: How our Biology and Today's Culture Impact Child/Teen and Parent Stress
- Main Concepts of Cognitive Behavior Therapy (CBT): How Thoughts and Self-Beliefs Impact our Emotions and Behaviors
- Review of CBT Tools: Mindfulness, Relaxation, Rethinking Self-Beliefs, Exposures
- Personalized Application of Your Toolbox to Everyday Life: Try the Skills and We Come Back Together to Problem Solve & Adjust as Needed
- Creating a Collaborative Home-School Team

### Cost:

- Investment: \$150 per session (total program = \$1,050). Insurance reimbursement may be available for out-of-network coverage.
- Your insurance company may be able to provide you with out-of-network reimbursement

### Questions?

- Ready to take the next step? Contact Dr. Alyssa Travers at [dralysstravers.com](http://dralysstravers.com) or [hello@dralysstravers.com](mailto:hello@dralysstravers.com) for a complimentary consultation to discover if this program aligns with your family's needs.



## Frequently Asked Questions

### Why Caregiver Groups? Why Not Just Meet with My Child?

- **Research shows that empowering caregivers with the right tools can be just as effective as direct treatment for the child.**
- **Older children and teens need “coaches” (e.g. caregivers) to help them take risks and practice these important skills.** As a parent or caregiver, you are your child’s best coach, helping them practice critical anxiety management skills in real-life situations. This program equips you with strategies to support your child’s progress, making it a valuable addition to their individual therapy.
- **The importance of a time sensitive approach.** In today’s world, the wait for an individual therapist can be several months. Many children, teens, and their families may not necessarily need that level of intervention to see growth with managing anxiety in everyday life. This program is designed to be both comprehensive and efficient to help your family begin tackling anxiety as soon as possible.

### What Will I Get Out of the Program? Is It Worth the Investment?

- **Through this program, you will have direct access to a reputable psychologist.** Dr. Travers is a staff psychologist at Massachusetts General Hospital and an instructor at Harvard Medical School. She founded a local practice in Westwood to bring specialized assessment and therapeutic services to the community.
- **Gain access to proven, science-based strategies tailored to combat anxiety and help your child thrive.** Dr. Travers will teach you well-researched tools such as mindfulness, distress tolerance and relaxation skills, re-thinking self-beliefs (cognitive restructuring), and gradual exposures to help your child work towards their anxiety management goals. Each tool will be personalized for your child’s developmental level.
- **This program is comprehensive, yet digestible.** Due to its small group format, you get the best of both worlds: individualized education and treatment but at a lower cost than most individual therapy sessions (\$150 as part of this program versus \$250 per session via individual sessions with a reputable psychologist). Additionally, Dr. Travers will provide you with paperwork to apply for out-of-network reimbursement with your insurance company as requested.

### What Support Will I Receive After the Program?

- **Individualized Follow-Up.** After the 5 small group sessions you will have two individual booster sessions. These sessions are 1-on-1 visits to further discuss your child’s needs and to troubleshoot the application of these strategies into everyday life.
- **Access to Additional Assessment, Referrals, and Resources.** Your journey doesn’t end with the program. Additional 1-on-1 sessions can be coordinated to gain access to additional assessments, referrals, and specialized resources for extra support. Whether it’s connecting you with therapists, coaches, or educational specialists, Dr. Travers is here to help you find the right resources to keep your family moving forward in your journey to conquer anxiety.