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Timid to tiger is an entirely parenting-based approach to managing anxiety in children aged nine years or below. It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and

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'Timid to Tiger'
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training reduces
anxiety ...

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Cartwright-Hatton,

Ben Laskey, Stewart

Rust and Deborah

McNally Chichester:

John Wiley and Sons,

2010. pp. 170, £25.99

(pb). ISBN:

978-0470683101. -

Volume 40 Issue 4 -

Lauren Callaghan

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Guaranteed! Author:

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Page: 308 View: 359

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Fresh Thinking
Therapy

From Timid To Tiger:

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Paperback - Oct. 11

2010 by Sam

Cartwright-Hatton

(Author), Ben Laskey

Stewart Rust Deborah

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September 2010 186

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Pages

From Timid To Tiger.

A Treatment Manual
for Parenting the ...

The Timid to Tiger
Programme is an

evidence-based

programme utilising a
cognitive behavioural
therapy (CBT)

approach for parents
of children aged 3 to
11 who present with

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anxiety. The programme aims to provide early support and intervention for parents and families, to prevent them waiting a long amount of time for Child and Adolescent Mental Health Services (CAMHS) community level support.

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with Ben Laskey,
Stewart Rust,
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references and index.
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children. 2. Cognitive
therapy for children.
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Timid to Tiger is an
entirely parenting-
based approach to
managing anxiety in
children aged nine

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years or below. It is
based on evidence

that anxious children
benefit substantially
from a parenting style
that is clear, calm and
consistent.

From Timid to Tiger |
We Care NSW

From Timid To Tiger
Programme-

Beginning on the 15th
of September 2017

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Treatment Manual
(9.30am-11.30am)

This is a Seven Week
Programme for
parents with six
weeks running
consecutively, and a
follow up session
occurring approx. one
month later.

From Timid To Tiger:
A Treatment Manual
for Parenting the ...
From Timid to Tiger is

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Anxious Child

an evidence-based program for parents and carers of an anxious child. This program utilises the principles of attachment and cognitive behavioural therapy to give parents and carers the skills and knowledge to help their child face their fears.

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for Parenting the
Anxious Child.

Provided by Sam
Cartwright-Hatton.

Tags: Stress, anxiety,
panic Under 11 years.
What is it? Evidence
Based manual for

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mental health
professionals who
work with young
anxious children and
their parents.

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approach to take
when your child is
frightened or worried,
then From Timid to
Tiger is for you.

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Region: Global ; 186
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and Sons Ltd

The Insight Center »
From Timid To Tiger
Programme

This book is an
essential manual for
mental health
professionals who
work with young
anxious children and

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their parents.

Organised into a
10-session parenting-
based course, the
book provides parents
with simple cognitive
behavioural
techniques for helping
their children to
manage their worries
and fears.

Early Access to
Support: Timid to

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Tiger Programme ...

'Timid to Tiger'
parenting intervention
or waiting list control
for 10 weeks. The
parenting intervention
was a manualised,
group, 10-session
course for parents. It
was delivered by two
clinical psychologists
and attended by three
to seven families per
course.

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'Timid to tiger' group
A for parents of
anxious children

Timid tiger The local
CCG has recently
funded South West
Family Values to
deliver a pilot
parenting group
project based on the
'Timid to Tiger'
model. The 'Timid To
Tiger' programme

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has been developed into a group programme running for 10 weeks by South West Family Values based on the work of Ben Laskey who wrote the book 'Timid To Tiger'.

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