

THE PARENT'S GUIDE TO HELPING YOUR CHILD COPE WITH TEST ANXIETY

WORKSHOP: COGNITIVE BEHAVIOURAL THERAPY (CBT) FOR TEST ANXIETY 27TH SEPTEMBER 2017



Are you concerned that your child may be feeling anxious and overwhelmed ahead of exams?

ABOUT

If your child suffers from test anxiety, he or she is certainly not alone. But your child's anguish does not have to continue.

The CBT workshop will address the signs of test anxiety and the most effective techniques for helping you and your child cope with exam anxiety.

Presented by:



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AGENDA

- What is anxiety?
- Causes and effects of exam anxiety.
- Ways to measure anxiety levels.
- The most effective techniques for helping you and your child cope with exam anxiety before, during and after the exam – the results.
- Physical, emotional, behavioural and cognitive therapy techniques.

For bookings, contact:



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BOOKINGS

Who: Parents only
Date: Wednesday, 27th September 2017
Price: R80 per person (Early Bird ends 31st August)
R120 per person (Standard)
Limited spaces available
Time: Registration
17h30 – 18h00
Workshop
18h00 – 19h00
Venue: Premier Health Centre
13 Mackay Avenue
Blairgowrie, Randburg