



Overcoming School 'Refusal' Together

PROVEN STRATEGIES WITH A WRAP-AROUND APPROACH

Workshops, or consultation with parents and school professionals.

For an increasing number of young people, school anxiety is reaching levels that make school feel impossible, unsafe, and out of their reach. We know that 'school refusal', as it is commonly known, is not an intentional response. It's anxiety. We also know that with the right strategies, support, and a holistic, collaborative, 'wrap-around' response, children can find their way back to feeling safe, strong, and happy at school.

This workshop is designed to offer a sense of community and a way through for parents, educators, and students dealing with school 'refusal'. It will engage a team approach and proven, innovative strategies to support young people back to school. The pivotal component involves working with a child's key adults - *parents and teachers* - in a collaborative approach. It can take the form of workshops or private consultations for parents and educators. There is the additional option of including workshops for young people, which can be done on a one-to-one basis or to year-level cohorts.

We will explore:

- the common triggers in every school and home, even the best ones;
- how anxiety grows into school refusal;
- how to manage anxiety-fuelled behaviours in ways that preserve connection and influence;
- techniques for parents and teachers to move through resistance and avoidance, and facilitate engagement;
- what to do when children are disengaged and resistant;
- how to build high-quality relationships with all children that will strengthen against anxiety and school refusal, build brave behaviour, and minimise incidents of critical behaviour;
- how to respond to anxiety and resistance in the moment to make way for calm and courage;
- when children won't get out of bed, the house, the car - what parents can do;
- when parents feel 'stuck' - moving past the impasse;
- when school comes with vomiting, sick tummies or sore tummies - why, and what to do;
- when peer relationships are tricky - the profoundly powerful way of working with bullying and strained peer relationships to build relational safety for all young people;
- the strategies that will strengthen all children against anxiety and build confidence and courage at school and beyond;
- the critical elements of 'presence' that children need from their parents;
- the three conditions necessary to facilitate school engagement and how to work with these;
- building the toolbox for students - practical strategies to feel safer in the presence of anxiety and open the way to brave behaviour.



About Karen Young

Karen began her career as a psychologist and is recognised as one of Australia's leading authorities on child and adolescent anxiety. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written five books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.