

## Cool Kids eTraining Application for School Counsellors Primary Schools 2020 Early Targeted Intervention - Anxiety

Primary schools can apply for the School Counsellor to complete the Cool Kids Training and Accreditation Process during 2020. The Cool Kids Program is a world renowned skills-based program that teaches children and young people and their family how to better manage anxiety.

Topics covered in the program include:

- Learning about feelings and anxiety.
- Learning to think realistically.
- Parenting an anxious child.
- Fighting fear by facing fear (stepladders).
- Learning coping skills such as building confidence or problem solving.

After completing the course School Counsellors will be able to facilitate small groups:

1. **Cool Little Kids** is an early intervention program targeted at parents of 3 to 6-year-old children who exhibit excessive shyness or anxiety. Cool Little Kids equips parents with both knowledge and practical skills and tips on how to help their child manage and overcome anxiety. The program consists of 6 group sessions across a 6-8-week period.

2. **Cool Kids** is a 10-session program for young people. It uses a cognitive behavioural approach which means that it focuses on teaching skills to manage anxiety. Sessions involve a young person and a family member.

The Catholic Schools Office will fund School Counsellors to complete the training, including facilitation manuals. The school will be expected to purchase student/ parent manuals. Schools will purchase them directly from the Centre for Emotional Health Macquarie University once the School Counsellor has completed the training

Resources can purchased via this link: <https://shop.centreforemotionalth.com.au/>

Cool Little Kids Parent Manual	1-9 books	\$20.00 each
	10-25 books	\$18.00 each
Cool Kids Anxiety Program Workbook Set (Student and Parent)	1-9 books	\$35.00 each
	10-25 book	\$31.50 each

Process:

**1. Primary schools apply to participate by completing the form below**

**2. Schools will be notified via email if they are successful**

**3. Training – Evidence of CBT**

Schools Counsellors will have a set number of weeks to:

a. Provide evidence to Macquarie University that they have the level of practical knowledge and understanding of Cognitive Behaviour Therapy required to enable them to progress through the eTraining Course.

The evidence will be in two parts:

(i) a brief overview/statement speaking to your CBT experience in an email together with  
(ii) a CV highlighting their training and/or experience. This will include specific courses of study or professional learning in CBT that they have successfully completed.

If the school counsellor has not undertaken any formal training, you can write a response highlighting how you use CBT in your daily work practices. This will then be assessed by the Macquarie University team to determine if further CBT training is required. It will need to be very specific and display a thorough understanding of CBT.

b. If you do not meet the Macquarie University requirements outlined above, you will be required to complete Cognitive Therapy Training.

After the completion of the training you will then complete a CV and send it to Macquarie University with the CBT certificate. The CBT training that we recommend is Principles and Practice of Cognitive Behaviour Therapy (10.00 Hours) Online. APS Member \$250 Non-Member \$375  
The cost of this will be covered by the Catholic Schools Office.

#### **4. Cool Kids e-training**

All participants will have a set date to have their CBT training approved to start the course. You will be provided with a log on to access the self-paced 12 modules.

#### **5. Accreditation Process**

Accreditation involves the demonstration of skills to run the Cool Kids Program through a series of assessment tasks. The assessment tasks include a multiple choice quiz, a first set of case studies, a supervision session to receive specific feedback on your first set of case studies, and a 2nd set of case studies. The supervision session is not face-to-face, it is over the phone, and you will be asked to discuss the case study that you provided as evidence.

Success of the training and initial implementation of this intervention will be:

- School counsellors selected will complete the e-training
- School counsellors will implement 1 or 2 group interventions by the end of 2020

The Catholic Schools Office will request at the end of Term 4 – the number students who have benefited from the intervention.

For further information, contact your Pastoral Care Officer.

Pastoral Care Officers are:

Tweed/Richmond Shane Weekes 0436676501 shane.weekes@lism.catholic.edu.au  
Hastings/Nambucca Margaret Bannon rsm 0437966803 margaret.bannon@lism.catholic.edu.au  
Coastal/North Clarence (Term 1 only) Karen Evans 0409605441 karen.evans@lism.catholic.edu.au  
Interested Primary Schools are asked to complete the application process by 16 March.

**Email the form to karen.evans@lism.catholic.edu.au**

**Cool Kids eTraining Application Form  
School Counsellors Primary Schools 2020  
Early Targeted Intervention - Anxiety**



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**LISMORE**  
CATHOLIC SCHOOLS OFFICE

**School Principal to complete first section**

**School Name:** \_\_\_\_\_

**Principal Name:** \_\_\_\_\_

**School Counsellor Name:** \_\_\_\_\_

(Please tick)

- I understand that the school will fund the cost of participant manuals.
- I understand that the School Counsellor will complete the training during school hours.
- I understand that this intervention is for both the student and the family.

**How will the implementation of this targeted intervention align to your whole school approach to Pastoral Care?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**School Counsellor to complete second section**

**I believe that I will meet the requirements outlined above and will not need to complete CBT training:**

- Yes
- No
- Unsure

**I understand that this course includes both online training and an assessment component.**

- Yes
- No

**I would like to be considered for the Cool Kids eTraining because...**

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