

Funded by Greater Houston Community Foundation



Coping with COVID

Baylor College of Medicine and Harris Health System are offering **free 6 weekly one-on-one sessions over Zoom** to **teach parents** how to help their **children cope with stress or anxiety** related to the COVID-19 pandemic

You may be eligible if your child is:

- aged **5-13** years old
- living in the State of **Texas**
- able to **communicate verbally**



CONTACT US: 832-206-4034, projectreach@bcm.edu

What does Coping with COVID involve?

PARENT-LED THERAPY:

Parents work one-on-one with therapists over Zoom to learn skills to cope with stress and anxiety that they can teach their child



COGNITIVE BEHAVIORAL THERAPY:

CBT, which teaches children how to identify, challenge, and overcome unhelpful anxiety-related habits and thought patterns, is one of the best evidence-based treatments for addressing stress and anxiety

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✓ PROGRAMS THAT WORK
TRANSDIAGNOSTIC PROGRAMS

Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents

THERAPIST GUIDE

JILL EHRENREICH-MAY
SARAH M. KENNEDY
JAMIE A. SHERMAN
EMILY L. BILEK
BRIAN A. BUZZELLA
SHANNON M. BENNETT
DAVID H. BARLOW

OXFORD

UP-C and UP-A

Aims to reduce intense negative emotion states by extinguishing the distress and anxiety these emotions produce

- **Emotion-focused education**
- **Awareness techniques**
- **Cognitive strategies**
- **Problem-solving**
- **Behavioral strategies**
- **Exposure and activation techniques**

Overview of Program Sessions

Session 1: Parent and child goals, emotions and parenting

Session 2: Emotion exposures

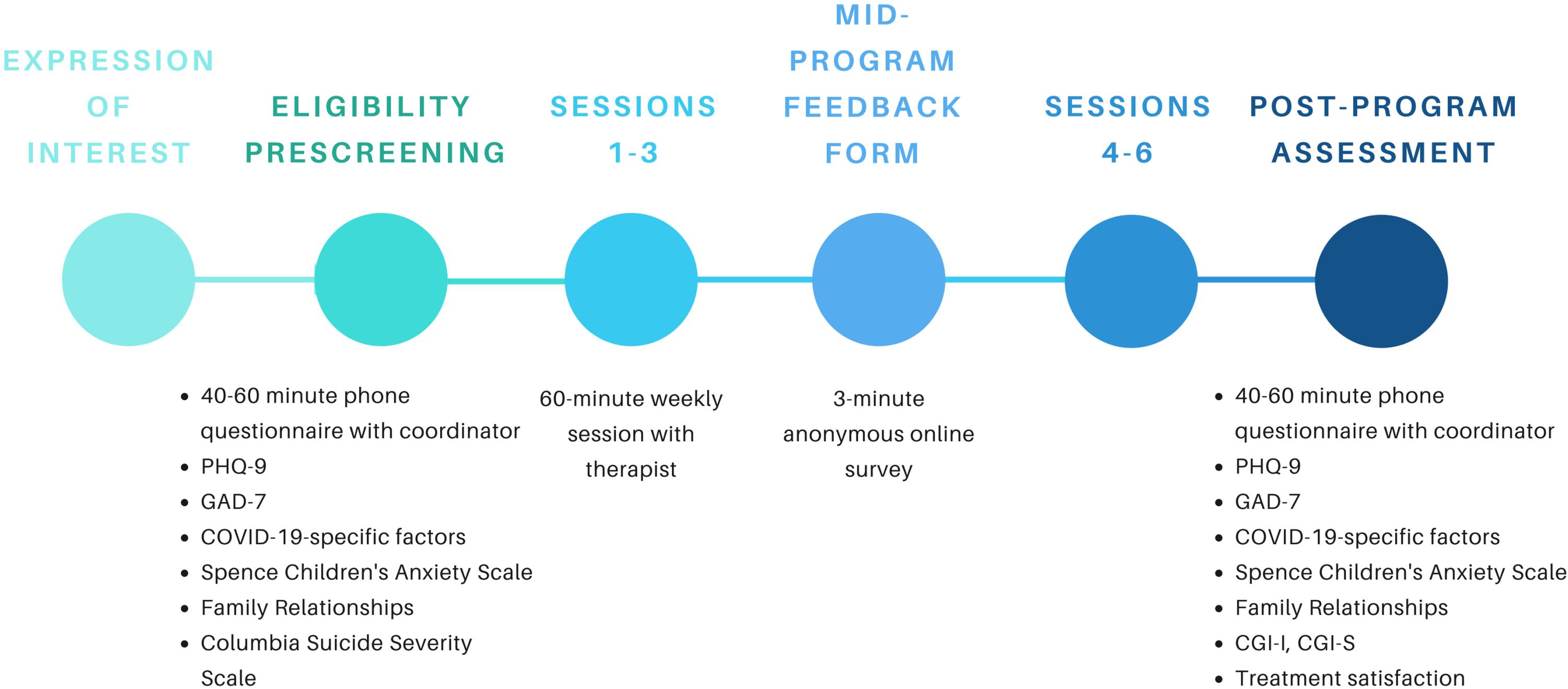
Session 3: Opposite actions and exposure planning

Session 4: Exposure planning and opposite behaviors

Session 5: Present-moment awareness, body scanning, and exposure

Session 6: Thinking traps and flexible thinking

COPING WITH COVID TIMELINE



Here's what parents are saying about Coping with COVID!

Coping with COVID is a great program that has helped my child address her issues. As a parent, I've learned how to help my child deal with her strong emotions, and guide her to change her way in how she reacts to situations.

[My therapist is] informative, encouraging, and helpful. I've honestly learned more from her in the last three weeks than I've ever learned regarding anxiety. She has had a positive impact on me and everything she has taught me has had a positive impact on my son. I'm excited for the next sessions and will be sad when our time is up.

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More parent testimonials:

I think it's been helpful to talk through our approaches as parents and have these be normalized while giving us more tools to improve in a tangible way. I think the exercises have been useful to reflect and learn from our patterns.

We have utilized multiple tools from the sessions including identifying the different pieces of big emotions, identifying triggers and helpful v non helpful behaviors, and practicing exposures.

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To learn more or sign up for Coping with COVID,

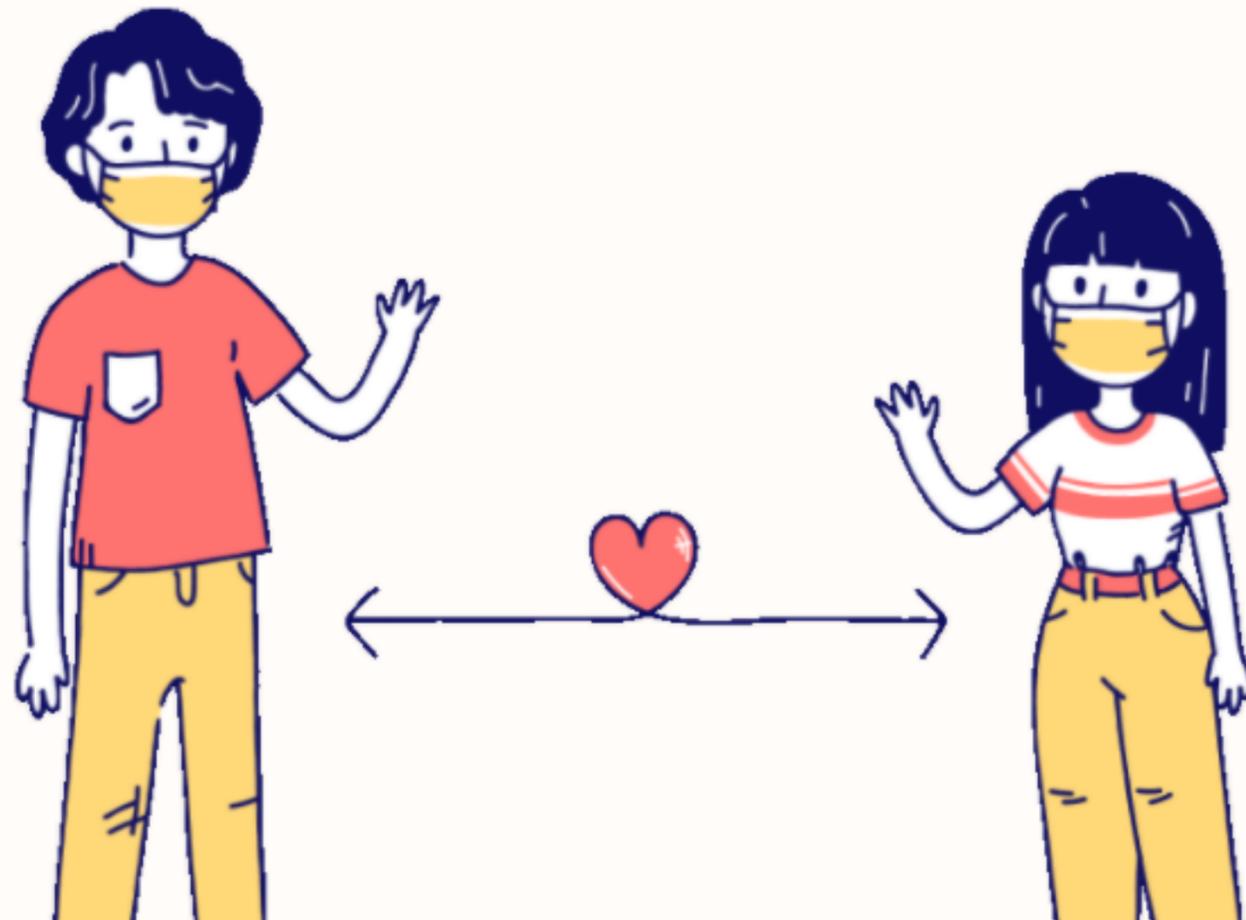
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- David Mathai, MD
- Yasmine Omar, PhD
- Amanda Palo, PhD

Therapists:

- Jamie Manis, BS
- Allison Meinert, MEd
- Alexandra Slaughter, MA
- Katherine Zopatti, BA