



Emotion Detectives Group Programme

What are the fees?

\$50 for the initial assessment process
\$30 per week for the group sessions

How do I sign up?

Register your enrolment now by contacting the ANU Psychology Clinic
psychology.clinic@anu.edu.au
+61 2 6125 8498

Location

ANU Psychology Clinic
A Centre for Clinical Practice and
Research in Psychology
Building No. 39, Research School
of Psychology
Canberra ACT 2600 Australia

The ANU Psychology Clinic is offering an exciting new 8 week programme for children!

Who can join the Emotion Detectives group?

Emotion Detectives is suitable for children between 7 and 12-years-old who experience emotional challenges to do with sadness, worry, fear, and anger. The programme is likely to be helpful for children who experience negativity, low mood, low self-esteem, anxiety, worry, fears, obsessions, or challenges managing big feelings.

How does it work?

The goal of the **Emotion Detectives** programme is to help children to feel less distress when they have big feelings and to develop helpful strategies to cope with and manage their feelings.

The **Emotion Detectives** programme is based on the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children. This evidence based programme combines cognitive-behavioural-therapy techniques with mindfulness and awareness to support children to develop new skills to cope with their emotional challenges.

When are the groups and what are the time commitments?

Parents and children attend 2 pre-therapy psychological assessment sessions, and then both parents and children will participate in the **Emotion Detectives** programme for 8 weeks.

Each group lasts for up to 2 hours. In one group, children will work on developing emotional awareness and helpful strategies to cope with their emotions and distress. At the same time, in another group, parents will learn how best to help their children to develop their new skills at home.

Who will be running the groups?

The groups will be facilitated by a minimum of 2 provisional psychologists who have completed at least four years of training in psychology and are undertaking specialist training in clinical psychology. The provisional psychologists and the **Emotion Detectives** groups are supervised remotely by board-endorsed clinical psychologists who specialise in child and family psychology.