

Space from Anxiety – CYP - Descriptor

Space from Anxiety is an online intervention aimed at alleviating psychological distress arising from anxiety related symptomology.

Anxiety, worry and panic are very common emotional issues (WHO, 2017).

While they can play a healthy role in alerting us to problems or challenges, in our modern over saturated lives they can easily become overwhelming, ongoing and ultimately debilitating. The Space from Anxiety programme has been developed to help service users to manage these feelings and the causes of them, ultimately offering welcome space from anxiety.

The Space from Anxiety programme consists of 7 modules whose structure and content follow evidence-based principles of traditional, face-to-face, Cognitive Behaviour Therapy (Beck, 2005; Ellis, 1962, 2001; Hyland & Boduszek, 2012) and incorporate values of mindfulness practice (Ma & Teasdale, 2004). The contents of each module are briefly described in the table below, which provides an outline of goals and activities and how users are facilitated in each module.

Target audience: The Space from Anxiety CYP programme has been tailored to better meet the needs of a younger population, aged 15+. It can be used with a younger age group in line with CAMHS protocols and clinical judgment.

Personal stories and examples have been adapted to match the profiles of this population. Additional content, relevant to young people, has been added while some other sections present in the adult version of the programme have been removed.

Additional Content: Several “locked” mini modules are also available and allow for further tailoring of the programmes to more fully meet the needs of the user. They can be “unlocked” to the user by the supporter as they see fit across programmes. The mini modules include:

Managing Study and Exam Stress: helps users to establish a study routine and handle stress around exams.

Getting Active and Eating Well: helps users focus on their overall health by eating well and becoming physically active.

Sleeping Better: helps users to understand sleeping difficulties and develop a healthy sleeping routine.

Friendships & Social Groups: helps users learn how to make and maintain good friendships.

Getting on with your Family: helps users learn how to manage conflict and improve family relationships.

My Self-Esteem and I: helps users to understand the impact of self-esteem on their mood and ways to improve their self-esteem.

Relaxation: helps users to learn techniques and strategies for relaxation.

Table of Contents

Module name	Topics	Goals	Activities
Understanding Anxiety	<ul style="list-style-type: none"> • Psychoeducation about anxiety • The CBT cycle of anxiety • Personal stories 	<ul style="list-style-type: none"> • Improve users' understanding of anxiety • Introduce users to the CBT model • Learn about the CBT cycle of anxiety and how thoughts, feelings and behaviours affect each other • Facilitate users to reflect on their own personal circumstances • Connect with the present moment • Facilitate goal setting 	<ul style="list-style-type: none"> • Anxiety Myths and Facts Quiz • Mood Monitor • Understanding my situation • Staying in the present • Daily practice
Noticing Feelings	<ul style="list-style-type: none"> • Understanding emotions and their function • Emotions that are difficult to cope with • Physical body reactions and mood • Personal stories 	<ul style="list-style-type: none"> • Learn about emotions and their role in the CBT Cycle • Recognise emotions that are difficult to cope with • Recognise physical body reactions 	<ul style="list-style-type: none"> • Emotions & Your Body Quiz • The CBT Cycle • Staying in the Present (Body Scan) • Daily practice

Facing Your Fears	<ul style="list-style-type: none"> • Avoidance and why it should be avoided • Safety behaviours • Graded exposure • Personal Stories 	<ul style="list-style-type: none"> • Learn about the role of avoidance in maintaining fears and anxiety • Recognise safety behaviours • Face fears using graded exposure 	<ul style="list-style-type: none"> • Facing Your Fears Quiz • My Safety Behaviours • Facing Your Fears • Daily practice
Spotting Thoughts	<ul style="list-style-type: none"> • Automatic thoughts and mood • Thinking traps • Catching unhelpful thoughts • Personal stories 	<ul style="list-style-type: none"> • Learn about the role of thoughts in anxiety within the CBT Cycle • Recognise negative automatic thoughts • Understand and recognise thinking traps 	<ul style="list-style-type: none"> • Me & My Thoughts Quiz • The CBT Cycle • Staying in the Present (Watching Thoughts) • Daily practice

Challenging Thoughts	<ul style="list-style-type: none"> • Hot thoughts • Challenging negative thoughts • Tackling thinking traps • Coping with difficult situations • Personal stories 	<ul style="list-style-type: none"> • Learn about hot thoughts and how to recognise them • Learn to challenge negative thoughts • Learn how to overcome specific thinking traps • Recognise situations where it is necessary to use thoughts to cope 	<ul style="list-style-type: none"> • Your Thinking Style Quiz • My Helpful Thoughts • The CBT Cycle (identifying hot thoughts and generating more balanced alternative thoughts) • Staying in the Present (Watching Thoughts) • Daily practice
Managing Worry (unlockable)	<ul style="list-style-type: none"> • The role of worry in maintaining anxiety • Practical vs. hypothetical worries • The Worry Tree • Managing worries • Personal stories 	<ul style="list-style-type: none"> • Improve knowledge of worry and its role in anxiety • Recognise practical or hypothetical worries • Use the Worry Tree to manage worries • Identify and use other strategies to manage worry 	<ul style="list-style-type: none"> • Anxious Thoughts & Worries • My Worries • Worry Tree • Staying in the Present (Breathe) • Daily practice
Bringing it All Together	<ul style="list-style-type: none"> • Finishing up • Warning signs and planning for wellness • Social support • Preparing for the future • Preparing for relapse • Personal stories 	<ul style="list-style-type: none"> • Preparation for coming to the end of the programme • Recognise the importance of social support in staying well • Identify warning signs • Planning for staying well • Set goals for the future 	<ul style="list-style-type: none"> • Your Backup and Support Network • Staying Well Plan • Goals • Taking Stock • Staying in the Present (Sounds) • Daily practice

References:

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Hyland, P., & Boduszek, D. (2012). Resolving a difference between cognitive therapy and rational emotive behaviour therapy: towards the development of an integrated CBT model of psychopathology. *Mental Health Review Journal*, 17(2), 104–116. doi:10.1108/13619321211270425

Ma, S. H., & Teasdale, J. D. (2004). Mindfulness-Based Cognitive Therapy for Depression: Replication and Exploration of Differential Relapse Prevention Effects. *Journal of Consulting and Clinical Psychology*, 72(1), 31–40. doi:10.1037/0022-006X.72.1.31