

COPE Intervention

C = Calming the Nervous System

- Physical
 - Soup breathing, sensory awareness, punching a pillow while visualizing the fearful event, aerobic exercise, supportive surfaces, massage, biofeedback
- Mental
 - Paradoxical thinking (imagining the worst), scaling level of fear, visualizing desired outcomes, distraction through counting, humor
- Physical and mental
 - Meditating using a repetitive phrase, worry strands

O = Originating an Imaginative Plan

- Thinking strategies and styles that are much more likely to produce creative problem solving
 - Flexibility thinking exercises, learning to think out of the box, creating wildly imaginative stories, practicing functional freedom (imagining more than one use for an object), developing remote associations with objects, learning to use both lateral and vertical thinking
- Creating Anti-Anxiety Plans
 - Approximation (step-by-step), flooding, floating, support of a loved one
 - Developing family rituals to support anti-anxiety plans

P = Persisting in the Face of Obstacles and Failure

- Developing techniques to promote faith in child and faith that the plan will work
 - Increasing tolerance for ambiguity, taking moderate risks, learning about courage from stories, allow crying that promotes relief, promoting delayed gratification, allow about three weeks of practicing new behavioral response before progress is felt by the child

E = Evaluating and Adjusting the Plan

- Evaluating techniques to use while the plan is in operation and after the plan has been carried out
 - Charting levels of anxiety throughout the day, pulse counting for fifteen seconds
 - Drawing pictures of how they performed the plan, drawing abstract pictures of the feelings, working with a buddy to assess plan
 - Listing steps in the plan, journal writing to assess plan, tape recording evaluations of plan
 - Using the Dacey-Fiore Anxiety Questionnaire as a pre- and post-test evaluation