

# COPE Intervention Procedures

The COPE Intervention can be taught to children and adolescents diagnosed with anxiety disorders as an adjunct to professional interventions of therapy and pharmacological treatment. Using **Handout 6: COPE Interventions**, explain how to implement this technique to James, his mother, and his teachers (depending on the focus of the role play you are assigned by the trainer of this workshop). Use the following checklist below as a guide for explaining the use of the COPE Intervention.

- Explained how to implement at least two possible calming the nervous system techniques
- Explained how to implement at least two of the thinking strategies and styles of thinking to be used in creating an anti-anxiety plan
- Helped James, his mother, or his teachers to develop a realistic anti-anxiety plan
- Explained how to implement techniques for persisting in the face of obstacles and failure during the implementation of the anti-anxiety plan
- Explained how to evaluate and adjust the anti-anxiety plan

What other forms of treatment might you recommend for James and his mother?

- Types of therapy available
- Referral to evaluate the need for medication
- Changes in the home and school environment