

### **Additional CBT coping and resilience skills module for children/parents**

The additional Skills Module in teaching CBT coping and resilience to children and parents **is only** available on the FamPod site ([\*Family Talk:\*](#)). This Skills Module is useful as a supplementary resource in Family Talk if it is felt by clinicians and families that this would be useful.

It should be noted that the FamPod site is somewhat less user-friendly than the Emerging Minds website, on which the main online training for Family Talk is available ([\*Family Talk:\*](#)).