

# ANXIETY DISORDERS

Divorce, family breakdown, violence in society and the media, has produced a "shell shocked" generation of kids suffering from anxiety!

Join Dr. Steve O'Brien, who will demonstrate how you can "connect" with anxious children and inspire them to practice new self-regulation skills. You will learn how to help parents ("bulldozers," "helicopters" and "snowplows") and schools gain confidence, gratification and success in helping their most anxious kids.

To increase your effectiveness with the various manifestations of child anxiety, **Dr. Steve O'Brien will address each of the following disorders with case examples and clinical vignettes:**

- Separation Anxiety Disorder
- Panic Disorder
- Generalized Anxiety Disorder
- Obsessive-compulsive disorders (including skin picking and hair pulling)
- Social Anxiety Disorder/Selective Mutism
- Specific phobias
- Trauma- and Stressor-related disorders

Emphasis will be on creative psychotherapy involving insight-oriented, cognitive-behavioral, biological, mindfulness, and family systems interventions.

## OBJECTIVES

1. Incorporate motivational therapeutic activities into your practice to improve client engagement in treatment.
2. Implement structured clinical interviewing strategies to aid in developing comprehensive treatment plans.
3. Summarize the "3 ingredient framework" of how anxiety develops in children to assist with assessment and treatment planning.
4. Analyze the efficacy of prescription drugs as compared to complementary medicine for treatment of anxiety symptoms in children.
5. Implement a three-step skill building model for stress management among young clients.
6. Evaluate exposure therapy interventions for effective treatment of OCD, separation anxiety, social anxiety and phobias.
7. Design effective strategies to decrease the stress response in kids with learning disabilities to improve information processing, listening skills, and comprehension.
8. Implement calming techniques to reduce overall anxiety, such as mindfulness and yoga, to reduce fight or flight response and simultaneously engage the relaxation response.
9. Evaluate the impact deep breathing exercises have on anxiety to enable task completion in children with ADHD.
10. Utilize specific anxiety techniques to minimize the ruminative nature of obsessive thoughts that often precede dysfunctional compulsive behaviors.
11. Teach clients to engage the parasympathetic nervous system to create new neuropathways to reduce hyper arousal and decrease maladaptive behaviors.
12. Implement clinical strategies to decrease symptoms of pervasive separation anxiety in children and adolescents.

**DR. STEVE O'BRIEN,** is a clinical psychologist with over 20 years of experience treating children with a variety of anxiety disorders, including Separation Anxiety, Generalized Anxiety and Obsessive-Compulsive Disorder. He specializes in treating children with co-occurring disorders, especially those who struggle with both anxiety and ADHD or Autism. Dr. O'Brien utilizes an eclectic approach which tailors treatment to the developmental level of both children and parents. His approach integrates individual child therapy with intensive parental and familial interventions. Dr. O'Brien has worked in a variety of clinical settings including community mental health centers, psychiatric hospitals and medical clinics. He earned his Psy.D. at Nova Southeastern University and received specialized training in applied developmental psychology. Dr. O'Brien incorporates pediatric and child psychiatric consultation into his therapeutic work. He served as associate professor at the Florida School of Professional Psychology at Argosy University from 2000 to 2016. While at the university, Dr. O'Brien developed a unique doctoral level course, 'Parent Consultation', designed for graduate students specializing in child/family therapy. In 2015, he developed Life@Home, an innovative clinical tool/app for obtaining a child's perception of family life. Dr. O'Brien also serves as a media consultant for Bay News 9, Tampa Bay's 24-hour news source.

Speaker Disclosure:

Financial: Steve O'Brien is in private practice. He receives a speaking honorarium from PESI, Inc.

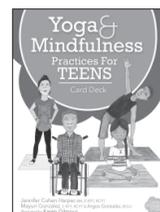
Non-financial: Steve O'Brien is a member of the American Psychological Association; and the Florida Psychological Association.

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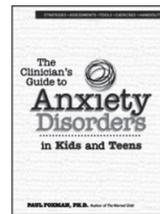
**OCD: A Workbook for Clinicians, Children and Teens**  
*Actions to Beat, Control & Defeat Obsessive Compulsive Disorder*  
By Christina J. Taylor, Ph.D.

*OCD: A Workbook for Clinicians, Children & Teens* is a user-friendly, creative and interactive book to help children and teens take control of OCD. With specific chapters for each type of OCD, children and teens will learn cognitive behavioral strategies to overcome their obsessions and compulsions.



**Yoga and Mindfulness Practices for Teens Card Deck**  
By Jennifer Cohen Harper, MA, E-RYT, RCYT, Argos Gonzalez, M.ED. and Mayuri Breen Gonzalez

*Yoga and Mindfulness Practices for Teens Card Deck* offers over 50 practices to help teens become stronger, more flexible, get better rest, manage anxiety and learn to navigate stressful situations without becoming overwhelmed. Beautifully illustrated by Karen Gilmour, coupled with easy-to-read and easy-to-implement instructions.



**The Clinician's Guide to Anxiety Disorders in Kids & Teens**  
By Paul Foxman, Ph.D.

International anxiety expert and bestselling author Paul Foxman, PhD, utilizes his four decades of clinical experience to make the most comprehensive, hands-on guidebook available. This resource provides all the tools needed to assess and treat even the most severe cases of anxiety in today's generation.

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Meg Graf** at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call 715-855-8199.

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# TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

BLOOMINGTON, MN  
Thursday & Friday  
November 14 & 15, 2019

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Details Inside

# DAY ONE

## Sources of Anxiety and Treatment Overview

- What research tells us about therapy effectiveness applied to children
- How anxiety develops in children: the “Three Ingredients Framework”
- Biological sensitivity
- Anxiety personality style
- Stress overload
- Treatment goals, strategies and recommendations
- The baseball analogy for behavior change and symptom reduction
- Behavioral health recommendations

## Interventions: Stress Management and Anxiety-Regulation Skills

- The 1st intervention: “3-5” process for stress management
- Symptoms
- Sources
- Solutions
- The 2nd intervention: anxiety regulation skills
- “Relaxation Response”
- Breathing practices
- Mindfulness practices for children
- Flow activities
- Yoga games
- Martial arts
- “Baby Buddhas” meditation for preschoolers
- Other approaches to self-regulation

## School Recommendations, Medication, DSM-5® Classification, and Interventions for Separation Anxiety Disorder

- Recommendations for schools
- Pros and cons of medication
- Nature’s remedies
- Herbal treatments
- Homeopathy
- DSM-5® anxiety disorders: current updates
- Separation anxiety
- Normal separation process
- Therapeutic exposure
- “Helicopter,” “bulldozer” and “snowplow” parenting
- Strategies to help parents let go

## Interventions for Generalized Anxiety and Panic Disorder

- Generalized anxiety
- Why we worry
- Introducing language for new thought patterns
- 9 strategies for replacing worry with alternative cognitive habits
- Panic disorder
- Diagnosis and treatment success rates
- Agoraphobia component
- Treatment metaphors
- “Floating Technique”
- “LifeSkills” Self Help Program

# DAY TWO

## Interventions for Obsessive-Compulsive Disorders

- Obsessive-compulsive disorders: expanded classification
- Relationship between obsessions and compulsions
- Trichotillomania (hair pulling)
- Excoriation (skin picking)
- Body dysmorphia
- PANDAS (medically induced OCD: Pediatric Autoimmune Disorder Associated with Streptococcus Infection)

## Interventions for Social Anxiety Disorder and Selective Mutism

- Social Anxiety Disorder
- Selective mutism
- Self-esteem issues and treatment
- Social communication skills
- Group therapy

## Interventions for Phobias and Stressor- and Trauma-Related Disorders

- Specific Phobias
- Diagnosis and examples
- Virtual reality exposure
- Stressor and Trauma-related disorders
- Expanded diagnostic classification
- Attachment disorders
- Adjustment disorders
- Acute stress disorders
- Trauma-related disorders
- New frontiers in trauma treatment

## Wrap Up

- Therapy progress measures
- Case consultations

# SEMINAR SCHEDULE FOR BOTH DAYS

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50 -1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

## Target Audience

Social Workers • Psychologists • Counselors • Teachers • School Administrators  
Occupational Therapists • Speech-Language Pathologists • Marriage and Family Therapists  
Other Helping Professionals who Work with Children

## Live Seminar Continuing Education Credit Information for Workshop

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Network.

**Counselors:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Minnesota Counselors:** Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LPC CE hours.

**Wisconsin Counselors:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 12.5 clock hours in length.

**Wisconsin Educators:** This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP’s. This course is 12.5 clock hours.

**Minnesota Superintendents, Principals, Supervisors, Directors of Special Education, Directors of Community Education, and Career & Technical/Vocational Administrators and Supervisors:** A Request for the Approval of a Continuing Education Program has been submitted to the Minnesota Board of School Administrators.

**Marriage & Family Therapists:** This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Minnesota Marriage & Family Therapists:** An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

**Wisconsin Marriage & Family Therapists:** This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Psychologists:** This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Minnesota Psychologists:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/74658](http://www.pesi.com/events/detail/74658).



**PESI, Inc.** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**Speech-Language Pathologists:** This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Minnesota Social Workers:** PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

Questions?  
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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



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# How to Register

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**ADA NEEDS**  
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

**WALK-INS**  
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

**TUITION OPTIONS**

- **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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## 3 Check tuition:

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— **CD\*** (audio) \$439.99 (RNA049040)

— **OCD workbook\*** \$26.99 (PUB084170)

— **Yoga and Mindfulness Practices for Teens Card Deck\*** \$19.99 (PUB085180)

— **The Clinician’s Guide to Anxiety Disorders in Kids & Teens book\*** \$24.99 (PUB084640)

CE hours and approvals on products may differ from live CE approvals.  
\*Shipping is \$6.95 first item + \$2.00 each add’l item.  
\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

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