

Outline

Nature and Causes of Anxiety

How anxiety develops in children
Three ingredients in all anxiety disorders
The “anxiety personality” — assets and liabilities

Seven Key Anxiety Disorders

Separation anxiety disorder
Panic disorder
Overanxious disorder
Obsessive-compulsive disorder
Social anxiety disorder
Phobias
Post-traumatic stress disorder

Co-Occurring Disorders

Depression
ADHD
Learning disabilities
Selective mutism

Therapeutic Approaches


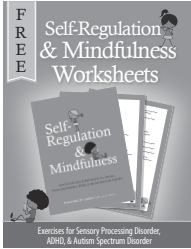
Cognitive-behavioral
Biological
Mindfulness
Expressive Arts
Family Systems Approaches

Interventions and Self-Regulation Strategies

The Floating Technique for panic anxiety
Exposure and Response Prevention (ERP) for OCD
Mindfulness for worry
Solution Focused Intervention for worry
Group Therapy guidelines for social anxiety
Visualization Desensitization for separation anxiety
Three Question Technique for parents struggling with child separation anxiety
Three Step Technique for managing children’s stress
Yoga games and breathing techniques for relaxation training
LifeSkills Program for generalized anxiety
Virtual Reality approach for phobias
Baby Buddhas meditations for anxious preschoolers

FREE Worksheets

Self-Regulation & Mindfulness



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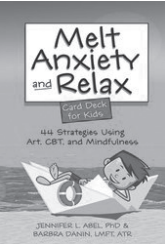
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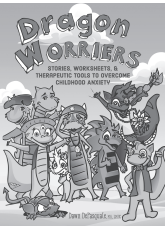
Melt Anxiety and Relax Card Deck for Kids

44 Strategies Using Art, CBT and Mindfulness

By Jennifer L. Abel, Ph.D. & Barbra Danin, LMFT

The Melt Anxiety & Relax Card Deck for Kids provides 44 fun, easy, and effective practices to help anxious and worried young minds. Using the best strategies from CBT, Mindfulness and Art Therapy, kids can learn how to regulate their thoughts and emotions, and find ways to express themselves in a healthy way. Best for ages 4-12.

BONUS! 12 tips and strategies for caregivers to help relieve anxiety and worry.



Dragon Worriers

Stories, Worksheets & Therapeutic Tools to Overcome Childhood Anxiety

By Dawn Depasquale, MA, LMHC

With heart-warming stories featuring delightfully illustrated dragons, this workbook leads children and the people who love them through even the most trying anxiety episodes. As each dragon’s anxiety story is told, children are guided through solutions and strategies for the dragon, which helps their skills for dealing with their own anxiety.

Target Audience:

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

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Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

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Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

- Practical techniques you can use with your client or student immediately
- Effective treatment strategies for each of the seven key anxiety disorders
- Video examples in a clinical setting

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Details Inside

Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

The increasing rate of stress and trauma to children, which includes divorce, family break-down, violence in society, the media, and a failing school system, has produced a “shell shocked” generation suffering from anxiety. The challenge for clinicians is to recognize anxiety in children and help them cope.

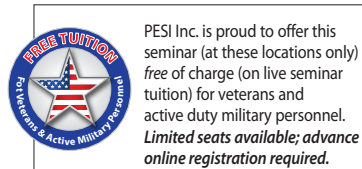
Dr. Steve O’Brien will teach you how and why anxiety develops in children and adolescents. He will present practical treatment strategies that can be applied immediately. The seven key anxiety disorders along with case examples to be addressed include:

- Separation anxiety disorder
- Panic disorder
- Overanxious
- Obsessive-compulsive disorder
- Social anxiety disorder
- Phobias
- Post-traumatic stress disorder

Other co-occurring disorders (e.g. behavior problems, medical conditions, depression, ADHD, learning disabilities, selective mutism) will also be discussed. Emphasis will be on creative interventions involving insight-oriented, cognitive-behavioral, biological, mindfulness, expressive arts and family systems approaches.

Objectives

1. Apply the “Three Ingredients” framework for understanding how, why and when anxiety occurs in children.
2. Draw from 10 specific stress-management strategies to target the “when” factor in child and adolescent anxiety.
3. Recommend 8 steps teachers can take to reduce anxiety in the classroom for more focused attention.
4. Implement at least one effective treatment strategy for each of the 7 key anxiety disorders to modify sources of stress.
5. Designate 3 steps that schools can take to create a safe, calm environment for meeting the needs of anxious students.
6. Create a therapeutic alliance with parents to improve the effectiveness of clinical treatment with anxious kids.



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.

Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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Speaker

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 Disclosures:

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.



BECOME CERTIFIED!

This course counts toward the educational hours required for certification as a Certified Clinical Child and Adolescent Anxiety Treatment Professional CCATP-CA).

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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" 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 cepsi@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 professions standards.

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

Counselors: This intermediate activity consists of 6.25 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.

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Psychologists: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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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.

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