

OUTLINE

What is Causing Rising Childhood Anxiety?

The Challenges of 21st Century Living for Kids

- Disconnection
 - Adult technology use
 - Social media
 - Caregiver stress and distraction
- Over-stimulation
 - Technology
 - Academic pressure
 - Changing expectations
 - Over scheduling
 - World events

Assessing for Anxiety - How Do Kids Cope?

Common Reactions to Anxiety

- Withdrawal
- Procrastination
- Perfectionism
- Seeking reassurance and affirmation
- Risk-taking and substance abuse
- Relationship challenges

Tools and resources children already have

Implications for mental health and long term individual and community outcomes

Why Do We Have Anxiety and What is it Trying to Tell Us?

Types of anxiety

Anxiety and the brain-nervous system-body relationship

Anxiety as necessary and functional – we all have it!

- Gives us information
- Can help us prepare for challenges

What happens when anxiety becomes mal-adaptive?

- Relationship between mindset and biology of the nervous system
- Reduced decision making capacity
- Increasing reactivity
- Impact of frequent overwhelm

Trauma and anxiety

Relationship and the role of the adults in childhood anxiety

Yoga, Mindfulness and Resilience

Embodied mindfulness practices build the capacity to navigate stress

Reading the messages of the body

- Recognizing the early warning signs of anxiety
- *Checking in with my body*

Engaging and strengthening our inner resources

- Body
- Breath
- Mindset

OBJECTIVES

1. Consider the impact of family, school, media and global events on children as it relates to anxiety and treatment options.
2. Identify various forms of anxiety, and learn to use anxiety as an information gathering tool.
3. Build client capacity to identify rising anxiety before it becomes overwhelming or debilitating.
4. Learn to manage escalating emotions and intrusive thoughts with embodied practices.
5. Develop differentiated strategies to address anxiety rooted in building self-awareness, capacity and confidence.
6. Enhance resilience through personal and partner-based practices.

Activities for Managing Escalating Emotions and Finding Equilibrium

Grounding

- *Feeling my feet*
- *Somatic holds*

Orienting

- *Layers of sound*
- *Five senses*
- *Tapping*

Managing intrusive thoughts and rumination

- *Single pointed focus*
- *Naming my thoughts*

What to Do When Anxiety Shows up: Response Strategy Skills

Ask for help

- *Partner chair pose*

Take a break

- *Calming breath*
- *Legs up the wall*

Keep trying

- *Managing frustration and other strong emotions*
- *Standing balance*
- *Chair pose*

Practices for Building Agency and Personal Power to Enhance Resilience

Change your mindset, change your nervous system

- *The warriors*
- *Finger affirmations*
- *Mountain top visualization*

Harness the power of helping others

- *Partner warrior three*
- *Leading a practice*

Activities to Fight Anxiety with Connection and Attunement

Imaginary ball pass

Rainstorm

Crazy 8s

Kind wishes

Live Seminar & Webcast Schedule
(Times listed in Central)

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.

Don't Miss!

LIVE VIDEO
WEBCAST

 FRIDAY
December 14, 2018

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ANXIETY
in Children
& Adolescents

Yoga and Mindfulness Skills to Create
Calm, Navigate Stress, and Restore
Emotional Balance

St. Cloud, MN
Wednesday, December 12, 2018

Bloomington, MN
Friday, December 14, 2018

Roseville, MN
Thursday, December 13, 2018

Live Video Webcast
Friday, December 14, 2018

ANXIETY
in Children
& Adolescents

Yoga and Mindfulness Skills to Create
Calm, Navigate Stress, and Restore
Emotional Balance

"Little Flower Yoga offers a step-by-step map to help
you make this body-centered mindfulness practice a
regular part of your life with the kids you care for."
– Daniel J. Siegel, MD
Author of bestselling books *Brainstorm* and *The Whole-Brain Child*

- 21st Century Challenges
- Why we have anxiety and what it's trying to tell us
- Reduce overwhelm and find emotional balance
- Build capacity and confidence with calming skills and strategies


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ANXIETY in Children & Adolescents

Do you work with children whose anxiety is overwhelming them, who shy away from participating in new activities or taking on challenges because they are afraid to fail....or you worry they'll choose harmful coping mechanisms as they struggle with the stress of their lives?

When children can't cope, challenges become stressors, and anxiety replaces anticipation. Our kids can't enjoy childhood to the fullest, their learning suffers, and their long-term resilience is compromised.

Kids often get a message that their anxiety is something to get rid of or push away, but like all emotions our anxiety has a job to do.

Join Mayuri Gonzalez, kids' yoga and mindfulness expert, in this interactive seminar to discover how to teach our kids to better understand their own experience, and find effective ways to meet their needs and engage in their lives from a place of personal power and agency.

Your immediate takeaways will help your clients and students (Kids):

- Prepare for anxiety producing situations
- Navigate stress
- Reduce overwhelm and reactivity
- Participate fully in school and home
- Harness their capacity for self-compassion

You'll walk away with a new framework for relating to anxiety, along with concrete practices to help your clients and students learn to access their inner resources, calm their anxiety, transform their relationship to stress, and thrive even when life is challenging.

Don't miss out – sign up today!

SPEAKER

Mayuri Gonzalez, E-RYT, RCYT, is a nationally recognized presenter, trainer and instructor in mindfulness and children's yoga, leading teacher trainings and continuing education seminars at renowned retreat centers such as The Omega Institute and IONS Earthrise Center. She has more than 25 years of experience practicing yoga and mindfulness, and provides therapeutic yoga classes to children and families as well as teaching yoga and mindfulness classes in schools and community centers.

In her role as director of the School Yoga Project, (a Little Flower Yoga program that brings yoga and mindfulness classes to children in New York City schools), Mayuri trains and mentors teachers, counselors and school support staff. She is a contributing author to *Transforming Education: Best Practices for Yoga in Schools*, published by the Yoga Service Council, as well as author of *Little Flower Chair Yoga: A Sustainable Approach*. As an active member of the Yoga Service Council and the International Association for Yoga Therapists, Mayuri maintains a strong community of support and a commitment to continuous learning.

Speaker Disclosures:

Financial: Mayuri Gonzalez is the founder and co-owner of Prasanthi Studio Family Yoga and Wellness. She is the director of The School Yoga Project a program of Little Flower Yoga. She receives a speaking honorarium from PESI, Inc.

Non-financial: Mayuri Gonzalez has no relevant non-financial relationship to disclose.

Target Audience:

Counselors • Social Workers • Therapists • Educators • Marriage & Family Therapists • Speech-Language Pathologists
Occupational Therapists • Occupational Therapy Assistants Nurses • Other Mental Health Professionals



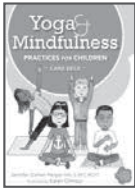
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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson Graff at mgraff@pesi.com or call 715-855-8199.



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. *Advance registration by phone required.*

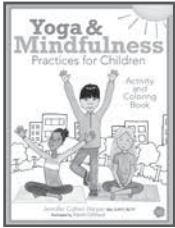
***SAVE by including these PRODUCTS with seminar registration!**



Yoga and Mindfulness Practices for Children Card Deck

By Jennifer Cohen Harper, MA, E-RYT, RCYT

Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions.



Yoga and Mindfulness Practices for Children Activity and Coloring Book

By Jennifer Cohen Harper, MA, E-RYT, RCYT

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. Yoga and Mindfulness Practices for Children Activity and Coloring Book offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 14, 2018, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/66253

Live Seminar Continuing Education Credit Information

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 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 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.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity consists of 6.25 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 6.25 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 6.25 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.

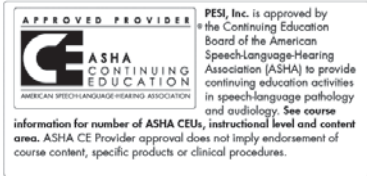
MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or 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.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This 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 this activity and contact your state board or organization to determine specific filing requirements.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 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.



SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. 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 6.0 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 380 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.

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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. *Advance registration by phone required.*
- \$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: 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 or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*



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