

# ANXIETY DISORDERS

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

Join anxiety expert and author, Dr. Paul Foxman, 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. Foxman 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.

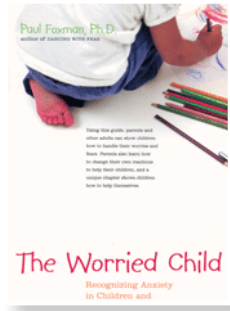
**PAUL FOXMAN, PH.D.,** has led hundreds of workshops throughout the U.S. and Canada, and he has appeared on television and radio as an expert on the topic of anxiety. His books include *The Clinician’s Guide to Anxiety Disorders in Kids & Teens* (2017), *Dancing with Fear* (2007) and award-winning *The Worried Child* (2004). He also co-authored a casebook, *Conquering Panic and Anxiety Disorders* (with Glatzer). Dr. Foxman is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style.

Dr. Foxman is a clinical psychologist, as well as founder and director of the Vermont Center for Anxiety Disorders. In 1985 he co-founded the Lake Champlain Waldorf School in Shelburne, VT, now flourishing from kindergarten through high school. Dr. Foxman has over 40 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools and private practice.

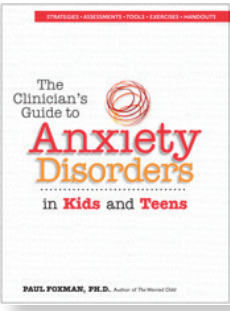
Dr. Foxman’s education includes Yale University (B.A. in Psychology), Peabody College of Vanderbilt University (Ph.D. in Clinical Psychology), and training at the Department of Psychiatry of Mt. Zion Hospital in San Francisco, the Kennedy Child Study Center in Nashville, and the San Francisco Psychoanalytic Institute.

Speaker Disclosure:  
Financial: Dr. Paul Foxman is the founder/director of the Center for Anxiety Disorders. He is an author for Hunter House and receives royalties. He is an author for Jason Aronson, Inc. and receives royalties. He is an author for Da Capo Press and receives royalties. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Dr. Paul Foxman co-founded the Lake Champlain Waldorf School.

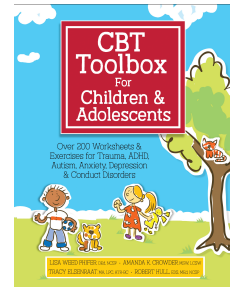
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**The Worried Child**  
By Paul Foxman, Ph.D. **YOUR PRESENTER!**  
In this well-documented and deeply felt book Dr. Foxman shows that anxiety is preventable — or can at least be minimized — by raising children’s self-confidence and increasing social and self-control skills. Written for parents and anyone who wants to help, this guide provides detailed lists, skill exercises, sample dialogues and case studies, and also covers the importance of adequate rest, sleep, and exercise. This book has the answers to your questions. Throughout, there are concrete suggestions and guidance for parents. An appendix provides ideas for teachers and school administrators, and a special chapter for young people discusses how they can help themselves.



**The Clinician’s Guide to Anxiety Disorders in Kids & Teens**  
By Paul Foxman, Ph.D. **YOUR PRESENTER!**  
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.



**CBT Toolbox for Children and Adolescents**  
Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders  
By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat  
The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you’ll see how the best strategies from cognitive behavioral therapy are adapted for children.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP

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