

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, Dr. Stephanie Sarkis, 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. Sarkis 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.

STEPHANIE SARKIS, PH.D., NCC, LMHC,

is the best-selling author of five books: *Natural Relief for Adult ADHD: Complementary Strategies for Increasing Focus, Attention, and Motivation With or Without Medication* (2015); *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction & Accomplish Your Goals* (2nd edition, 2011); *Adult ADD: A Guide for the Newly Diagnosed* (2011); *ADD and Your Money: A Guide to Personal Finance for Adults with Attention Deficit Disorder* (2009); and *Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder* (2008).

Dr. Sarkis is an American Mental Health Counseling Association Diplomate and Clinical Mental Health Specialist in Child and Adolescent Counseling. She a blogger for *Psychology Today* and *The Huffington Post*, where she writes about pediatric anxiety, depression, and ADHD. She is also a National Certified Counselor (NCC) and Licensed Mental Health Counselor (LMHC), with private practices in Boca Raton and Tampa, Florida. She is also the founder of the Sarkis Institute, which specializes in anxiety related to chronic pain issues. In 2001, she received an American Psychological Association Outstanding Dissertation Award for her research on executive functions and their impact on pediatric comorbid ADHD, including anxiety disorders.

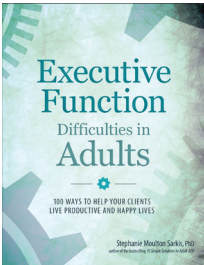
Dr. Sarkis has been published numerous times, including in the *Journal of Attention Disorders*, the *National Psychologist*, and *The ADHD Report*. She has presented numerous venues, including ACA, CHADD, ICP, and PESI. She has made several media appearances, including CNN “Health Minute”, ABC News, Fox News, Sirius Satellite Radio, Woman’s Day, and First Business Television. Dr. Sarkis is featured in the book *The Gift of Adult ADD* by Lara Honos-Webb, Ph.D. Dr Sarkis, in conjunction with the American Deficit Disorder Association (ADDA), created the Moulton-Farnsworth Scholarship for college students with ADHD. Dr. Sarkis’ website is www.stephaniesarkis.com

Speaker Disclosures:

Financial: Stephanie Sarkis has books published by New Harbinger Publications and receives royalties. She writes blogs for Psychology Today and Huffington Post. She receives a speaking honorarium from PESI, Inc.

Non-financial: Stephanie Sarkis is on the Professional Advisory Board of Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD).

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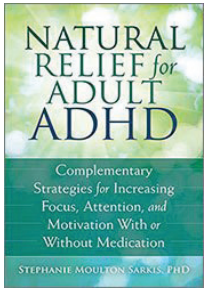
Executive Function Difficulties in Adults

100 Ways to Help Your Clients Live Productive and Happy Lives

By Stephanie Moulton Sarkis, **Your Presenter**

Executive function difficulties may not go away with age-and inside you'll find 52 worksheets, 40 handouts, and dozens of tips to make day-to-day living easier and more productive for adults.

Written by executive function and ADHD expert, Dr. Stephanie Sarkis, this unique resource includes: Proven cognitive-behavioral strategies, Exercises to improve short-term memory, organization and focus, Techniques to enhance communication and social skills, Easy-to-follow instructions for mindfulness meditation, Effective accommodations for the workplace and college.

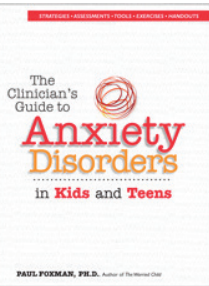


Natural Relief for Adult ADHD

Complementary Strategies for Increasing Focus, Attention, and Motivation With or Without Medication

By Stephanie Sarkis, Ph.D. NCC LMHC, **Your Presenter**

In the book, you'll find a ton of information on how to manage your ADHD, such as body awareness techniques to prevent sensory overstimulation common in ADHD; working memory training; massage, acupuncture, acupressure, chiropractic treatment; how food additives can affect ADHD symptoms, particularly certain pesticides; how to incorporate organic food into the diet while on a budget; and much, much more.



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.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP

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Become CCATP-CA Certified! 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-S” 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



BECOME CERTIFIED!

This seminar meets ALL the education hours when applying for Certification as a certified Clinical Child and Adolescent Anxiety Treatment Professional (CCATP-CA).

Visit icatp.com for the full certification requirements.

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 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 profession’s 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 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.

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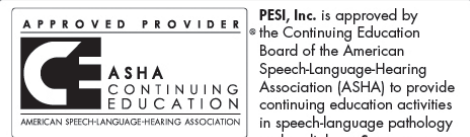
MICHIGAN SCHOOL PERSONNEL & EDUCATORS: An application has been submitted for State Board Continuing Education Units (SB-CEUs) for the face-to-face program only in Sterling Heights, MI on 05/16/2019 – 05/17/2019. Those seeking SB-CEUs must attend 100% of the face-to-face seminar in addition to completing an SB-CEU Participant Application Form (available at the seminar) and following sign-in/sign-out procedures as directed at the program. Additionally, participants will be required to complete the MDE evaluation in the Secure Central Registry. Specific instructions will be provided at the seminar.

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.

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 live 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 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.

CANADIAN PSYCHOLOGISTS: PESI, Inc. is approved by the Canadian Psychological Association to offer continuing education for psychologists. PESI, Inc. maintains responsibility for the program. This program is approved for 12.5 continuing education hours.



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.

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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 12.5 (Clinical Practice) 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. Full attendance is required; no partial credits will be offered for partial attendance.

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