

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

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 Schedule

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.

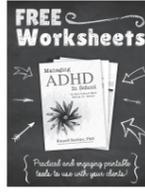
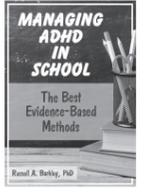
OBJECTIVES

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. Explain how 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.

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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ANXIETY in Children & Adolescents

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

<p>Plainview, NY Tuesday, July 23, 2019</p> <p>White Plains, NY Thursday, July 25, 2019</p>	<p>Flushing, NY Wednesday, July 24, 2019</p> <p>Manhattan, NY Friday, July 26, 2019</p>
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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*

<p>Addressing Today's Challenges:</p> <p>Social media Academic pressure Over-scheduling and more!</p>	<p>Tools and Resources to Reduce:</p> <p>Withdrawal Procrastination Perfectionism and other symptoms</p>
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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 Alexa Wolkoff, 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!

SPEAKERS

Alexa Wolkoff, LCSW, RYT is a psychotherapist, community yoga studio founder, and yoga and meditation teacher in Northern Westchester. In her private psychotherapy practice, Alexa works with children, adolescents, adults and families both individually and in groups. Her interest is in helping clients move mindfully through major life transitions. She specializes in women getting reacquainted with their bodies after crisis, trauma, loss and the disembodiment associated with disordered eating, compulsive exercise and addiction. Alexa advocates that health is possible at every body size.

Alexa opened and runs an accessible community yoga studio- which has both children and adult class programs. She teaches group and private yoga classes. Her teaching focuses on the ways in which gentle movement, mindfulness and meditation can affect the nervous system and emotional regulation. Alexa has a holistic view of wellness that includes the entire person- physically, emotionally and spiritually.

Speaker Disclosures:

Financial: Alexa Wolkoff maintains a private practice. She is the director of Sol Yoga, LLC. Ms. Wolkoff receives a speaking honorarium from PESI, Inc.

Non-financial: Alexa Wolkoff has no relevant non-financial relationship to disclose.

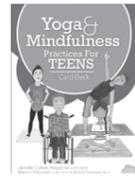


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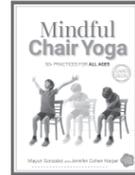
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Yoga and Mindfulness Practices for Teens Card Deck

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.



Mindful Chair Yoga Card Deck

50+ Practices for All Ages

By Jennifer Cohen Harper, MA, E-RYT, RCYT and Mayuri Breen Gonzalez

Mindful Chair Yoga is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.



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.**

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" 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 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 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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NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

CONNECTICUT EDUCATORS, ADMINISTRATORS, SCHOOL PSYCHOLOGISTS & SCHOOL SOCIAL WORKERS: 6.0 CEUs. PESI, Inc. is an approved provider of Continuing Education by the Connecticut State Department of Education (Provider #930; Activity ID #930-19-059-017 for seminar on 07/23/2019; #930-19-059-018 for seminar on 07/24/2019 and #930-19-059-019 for seminar on 07/25/2019).

NEW JERSEY EDUCATORS, ADMINISTRATORS & EDUCATION SERVICES PERSONNEL: This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept of Education.

NEW YORK EDUCATORS: PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s), in the area of Pedagogy. Hours are based on full attendance. Board required certificates will be sent after the program.

NEW YORK PARTICIPANTS ONLY: To receive a special NYSED required certificate, while completing the online post-test/evaluation, please answer YES to the question: "Are you a New York Educator?" and include your complete birth date (mm/dd/yy) and last 4 digits of your SSN when prompted. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to create your NYSED certificate. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name, birth date and last four of your SSN. Please allow 3-4 weeks for processing.

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.

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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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APPROVED PROVIDER

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 .6 ASHA CEUs (Intermediate level, Professional area).

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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 6.25 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.

NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

NEW JERSEY SOCIAL WORKERS: Anxiety in Children & Adolescents: Yoga and Mindfulness Skills to Create Calm, Navigate Stress, and Restore Emotional Balance, Course #2520, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 06/17/2019 - 06/17/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

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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• **\$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.

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