

# 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

### Target Audience:

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

# 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.

★ **Satisfaction 100% Guaranteed** ★

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

### 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.




## 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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# Anxiety Disorders in Children & Adolescents

## Recognizing & Treating the Emerging Epidemic

Featuring

**Paul Foxman, Ph.D.**

Author of *The Clinician’s Guide to Anxiety Disorders in Kids & Teen*, award-winning author of *The Worried Child*, and best-seller *Dancing with Fear*

**SHELTON, CT**  
Wednesday, September 25, 2019

**ROCKY HILL, CT**  
Thursday, September 26, 2019

**PROVIDENCE, RI**  
Friday, September 27, 2019



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- 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

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

Dr. Paul Foxman 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 disorder**
- **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.

## Speaker

**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), *The Clinician's Guide to Anxiety Disorders in Kids & Teens* (2016), *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 Disclosures:

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.

### 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](http://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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-Molly, Counselor

*"Engaging, compassionate, spirited, unique."*  
-Jessica, Psychologist

*"Thorough – very down to earth. Easy to listen to. Generates enthusiasm to try his techniques."*  
-Cindy, Public School Counselor

*"Applies to almost all children I see. His relaxing pace and voice helps me listen and understand this information. Nice reference list, tools, and current research!"*  
-Janet, OT

## 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.

### Dragon Warriors

*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.

### 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 [cepsi@pesi.com](mailto: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.

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ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS: RECOGNIZING AND TREATING THE EMERGING EPIDEMIC

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