

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.

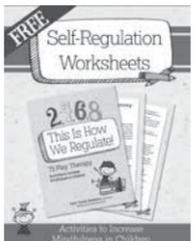


BECOME CERTIFIED!

This course counts toward the educational hours required for certification as a Certified Clinical Child and Adolescent Anxiety Treatment Professional (CCATP-CA).
Visit icatp.com for the full certification requirements.

**— FREE —
Worksheets**

Free Self-Regulation
Worksheets for Children



pesi.com/selfregws

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

**Bring any training
in-house!**



Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

PESI
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

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



Register now!
pesi.com/express/72953

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*

- 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

SHELTON, CT
Wednesday, September 25, 2019

ROCKY HILL, CT
Thursday, September 26, 2019

PROVIDENCE, RI
Friday, September 27, 2019



A Non-Profit Organization Connecting Knowledge with Need Since 1979

Register now! pesi.com/express/72953



Become
CCATP-CA
Certified!

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 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.

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson-Graf at mggraf@pesi.com or call 715-855-8199.

Rave reviews about your presenter:

"He was an excellent presenter. Funny, easy to follow and many suggestions for use in my profession."

-Molly, Counselor

"Engaging, compassionate, spirited, unique."

-Jessica, Psychologist

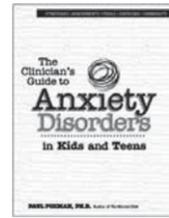
"Thorough - very down to earth. Easy to listen to. Generates enthusiasm to try his techniques."

-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

*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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.

your presenter!



Dragon Worriers

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 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.

CONNECTICUT 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.

MASSACHUSETTS COUNSELORS: Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

RHODE ISLAND COUNSELORS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72953.

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 #930-19-059-026 for seminar on 09/25/19; #930-19-059-027 for seminar on 09/26/19 and #930-19-059-028 for seminar on 09/27/19).

MASSACHUSETTS SCHOOL PERSONNEL: This course may be applicable for 6.25 Professional Development Points toward your Professional Development Plan per the Massachusetts Department of Education recertification guidelines; check with your licensing authority for more information.

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.

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is pending.

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.

PSYCHIATRISTS: PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

APPROVED PROVIDER



ASHA
CONTINUING
EDUCATION
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

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).

SPEECH-LANGUAGE PATHOLOGISTS ONLY: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. 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 and your license number.

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.

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.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com

How to Register:

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

ONLINE

pesi.com/express/72953

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check location: (make copy of locations)

SHELTON, CT
September 25, 2019

Hilton Garden Inn
25 Old Stratford Rd • 06484
(203) 447-1000

72953SHE

ROCKY HILL, CT
September 26, 2019

Sheraton Hartford South Hotel
100 Capital Blvd • 06067
(860) 257-6000

72953RHI

PROVIDENCE, RI
September 27, 2019

Hilton Providence
21 Atwells Ave • 02903
(401) 831-3900

72953PRO

Register now!

pesi.com/express/72953

PLEASE RETURN ENTIRE REGISTRATION FORM

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. *Limited seats available; advance online registration 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.

FOR OFFICE USE ONLY
Fed ID # 26-3896894 © 2018 PESI, Inc.

MG

3 Check tuition:

Tuition with seminar manual

\$199.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$229.99 standard

Add-on Products

Distributed at seminar—Free Shipping!

- \$24.99*** *The Clinician's Guide to Anxiety Disorders in Kids & Teens* book
- \$24.99*** *Dragon Worriers* (distributed at seminar)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Anxiety Disorders in Children & Adolescents: Recognizing and Treating the Emerging Epidemic

— Seminar on DVD* (video) \$199.99 (RNV060100)

— Seminar on CD* (audio) \$169.99 (RNA060100)

— **The Clinician's Guide to Anxiety Disorders in Kids & Teens** book* \$24.99 (PUB084640)

— **Dragon Worriers*** \$24.99 (PUB085930)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR