

Outline

Nature and Causes of Anxiety

How, when and why anxiety develops in children  
The anxiety temperament (biological sensitivity)  
The “anxiety personality” – assets and liabilities  
The role of stress in anxiety

How Anxiety Manifests in the Classroom

Perfectionism  
Worry  
Task avoidance  
Restlessness and hyperactivity  
Attention deficits  
School avoidance  
Social isolation  
Depression and withdrawal  
Fatigue and low energy  
Low motivation  
Disorganization and poor time management  
Academic inconsistency or decline  
Learning disabilities  
Behavior problems

Seven Key Anxiety Disorders: Symptoms and Case Examples

Separation anxiety disorder  
Panic disorder  
Generalized anxiety disorder  
Obsessive-compulsive disorder  
Social anxiety disorder (including selective mutism)  
Phobias  
Post-traumatic stress disorder

Classroom Interventions

Assessing stress level in students  
3-5 approach to stress management (signs, sources and skillful solutions)  
Focusing the mind for learning  
Classroom friendly calming and relaxation activities  
Encouraging “flow”  
Mindfulness strategies  
Relationship building with anxious students  
Tips for reducing test anxiety  
Creating calm in the classroom  
3 questions: intervention for anxious parents  
“Responsive Classroom”: applications and research findings  
Risk management with high-conflict divorce families  
Managing technology use in and out of school  
Best approach to bullying  
Anxiety curriculums for schools (friends for life, lifeskills)  
Special considerations for preschoolers  
Behavioral health recommendations  
How to be a role model for low stress and anxiety

Attention Principals and Assistant Principals:  
PESI, Inc. is proud to offer this seminar **free of charge** for Principals and Assistant Principals.

E-mail Patti Johnson at  
pjohnson@pesi.com for more information.



Objectives

- 1. Design effective strategies to decrease the stress response in kids with learning disabilities to improve information processing, listening skills, and comprehension.
- 2. Summarize the different ways anxiety manifests in the classroom (worry, social isolation, attention deficits, etc.) and determine the appropriate strategy for reducing symptoms.
- 3. Implement a three-step skill building model for stress management among young clients.
- 4. Utilize classroom friendly calming and relaxation activities to keep students engaged.
- 5. Determine the signs of normal anxiety vs anxiety disorders to enhance teaching effectiveness.
- 6. Evaluate the impact deep breathing exercises have on anxiety to enable task completion in the classroom.

Target Audience:

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



**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.

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Anxiety in the Classroom

Featuring  
Janine E. Oliver, LCSW, MSW, CH

ALBANY, NY  
Wednesday, November 13, 2019

BINGHAMTON, NY  
Thursday, November 14, 2019

NANUET, NY  
Friday, November 15, 2019

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Anxiety in the Classroom

Featuring  
Janine E. Oliver, LCSW, MSW

- Practical techniques you can use with your students immediately
- Effective treatment strategies for each of the seven key anxiety disorders
- Video examples in a school setting

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# Anxiety in the Classroom

The increasing rate of stress and trauma to children, which includes divorce, global terrorism and violence, extensive technology use, media overload, bullying and diversity issues, has produced a “shell shocked” generation of students struggling to manage their anxiety. The challenge for those working in schools is to recognize the increasing anxiety level in students and help them cope.

Janine E. Oliver, LCSW, MSW will teach you how, why and when anxiety develops in young people. The various manifestations for anxiety will be described, so that anxious students can be recognized and supported. Janine will help you distinguish between normal anxiety and anxiety disorders, and give you a principle for making this distinction in school settings. Most importantly, you will learn practical strategies that can be applied immediately in the classroom setting and schools to reduce anxiety, enhance teaching effectiveness, and promote maximum learning.

## What other professionals are saying.....

*Janine Oliver gave a fantastic presentation! She really knows the material and knows how to deliver it in a manner that is engaging.* Janice R., Teacher

*Presenter was amazing, provided great examples and hands on ideas.* Andrea H., Social Worker

*Excellent presentation! I started working with teenagers this year, and this seminar will improve the way I practice. Great videos! Can't wait to use them.* Kristine E., Counselor

*Awesome content, information and delivery! Very applicable to working in a middle school with all boys!* Judy C., Learning Specialist

*This was a good mix of personal experience and observations along with research findings.* Fay H., Teacher

# Speaker

**Janine E. Oliver, LCSW, MSW**, is a licensed clinical social worker, certified hypnotherapist and psychology professor. Janine has over 15 years of experience working with children with anxiety in outpatient and therapeutic foster care settings. She has worked with children in foster care, as well as their foster families, to implement self-regulation and mindfulness interventions with an at-risk population that have suffered abuse, neglect and trauma. In the outpatient setting, Janine has implemented breathing techniques such as deep belly breathing, progressive relaxation, meditation, emotional freedom technique (also known as the tapping technique, or EFT) as well as hypnosis; aimed at calming the sympathetic nervous system response in children to treat anxiety. In addition to serving as a psychology professor since 2010, Janine has trained therapeutic foster parents in a therapeutic foster care agency to be eligible for licensure, and ultimately become and maintain their licensure status as therapeutic foster parents. Presently, Janine is a psychotherapist working at a dynamic outpatient agency, adjunct psychology professor, and part-time yoga / meditation instructor. Additionally, Janine is a doctoral candidate currently researching the cognitive and instruction focus areas in the field of psychology.

Speaker Disclosures:

Financial: Janine Oliver has an employment relationship with Psychology and Counseling Associations, PC. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janine Oliver has no relevant non-financial relationships to disclose.

## 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](mailto: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 Network.*

**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.

**Massachusetts Counselors:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

**New Jersey 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.

**New York Counselors:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board of 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.

**Pennsylvania Counselors:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

**Vermont Counselors:** This course has been submitted to the Board of Allied Mental Health Practitioners (BAMHP) for review.

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

**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.

**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.

**Pennsylvania Educators & School Personnel:** 6.5 ACT 48 Hours will be made available through Capital Area Intermediate Unit (CAIU). Those requesting ACT 48 Hours will be required to sign in and provide their Pennsylvania Certification Number and will receive instructions at the seminar on how to create a free online account with CAIU; only those individuals who have a CAIU online account are eligible to receive ACT 48 Hours.

**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.

**New York Marriage & Family Therapists:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board of Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists, #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Pennsylvania Marriage & Family Therapists:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/Board-Commissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

**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.

**Psychologists:** This live 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 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.


**New York Psychologists:** This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

**Pennsylvania Psychologists:** PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

**Vermont Psychologists:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/74656](http://www.pesi.com/events/detail/74656).

**Psychologists/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.

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**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).

**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 Jersey Social Workers:** Anxiety in the Classroom, Course #2692, 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: 09/19/2019 - 09/19/2021. 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.

**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.

**Pennsylvania Social Workers:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

**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](mailto:info@pesi.com)

## How to Register: Anxiety in the Classroom

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Please have credit card available

### FAX

800-554-9775

### MAIL

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PO BOX 1000  
Eau Claire, WI  
54702-1000

### 2 Check location: (make copy of locations)

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November 13, 2019

74656ABY

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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 Tuition for Principals and Assistant Principals:** PESI, Inc. is proud to offer this seminar free of charge for Principals and Assistant Principals. E-mail Patti Johnson at [pjohnson@pesi.com](mailto:pjohnson@pesi.com) for more information.
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://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.  
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*Cannot be combined with other discounts.*



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### 3 Check tuition:

#### TUITION WITH SEMINAR MANUAL

**\$219.99** – choose one of the options below:

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- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

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- ☐ **\$24.99\*** *Dragon Warriors* book
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### 4 Indicate method of payment:

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### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

#### Anxiety in the Classroom

\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV052180)

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CE hours and approvals on products may differ from live CE approvals.

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

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

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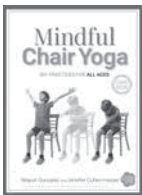


#### Dragon Warriors

*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.



#### Mindful Chair Yoga Card Deck

*50+ Practices for All Ages*

By Jennifer Cohen Harper, MA, E-RYT 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.

### 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.



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