

# 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 • Nurses  
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.

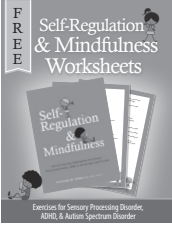


## BECOME CERTIFIED!

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](http://icatp.com) for the full certification requirements.

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# Anxiety Disorders in Children & Adolescents

## Recognizing & Treating the Emerging Epidemic

Featuring

**Stephanie Sarkis, Ph.D., NCC, LMHC**

**TYLER, TX**

**Wednesday, December 11, 2019**

**DALLAS, TX**

**Thursday, December 12, 2019**

**PLANO, TX**

**Friday, December 13, 2019**



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# Anxiety Disorders in Children & Adolescents

## Recognizing & Treating the Emerging Epidemic

Featuring **Stephanie Sarkis, Ph.D., NCC, LMHC**

- 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

**TYLER, TX**

**Wednesday, December 11, 2019**

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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. Stephanie Sarkis 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

**Stephanie Moulton Sarkis, PhD, NCC, DCMHS, LMHC**, is a bestselling author and psychotherapist specializing in anxiety, gaslighting, narcissistic abuse, and ADHD. She is the author of several books, including the best-selling *Gaslighting: Recognize Manipulative and Emotionally Abusive People - and Break Free* and *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals*. She was named a Diplomate and Clinical Mental Health Specialist in Child and Adolescent Counseling of the American Mental Health Counselors Association, one of only 20 professionals in the United States with this dual designation.

Dr. Sarkis is also a National Certified Counselor, Licensed Mental Health Counselor and a Florida Supreme Court Certified Family and Circuit Mediator. Dr. Sarkis is the founder of the Sarkis Institute, specializing in the treatment of comorbid anxiety and ADHD. She is a contributor to *Forbes*, *Psychology Today*, and *The Huffington Post*. Her Psychology Today posts have been viewed over 26 million times. She has a PhD, EdS, and MEd in Mental Health Counseling from the University of Florida, named by *US News* and *World Report* as the top counselor education program in the country. Dr. Sarkis has appeared on CNN, 10% Happier with Dan Harris, Sirius XM Doctor Radio, ABC (U.S.), ABC (Australia), and many more media outlets. Her research is published in the Journal of Attention Disorders. She is based in Tampa, Florida, where she provides evaluations and psychotherapy. You can visit her website at [www.stephaniesarkis.com](http://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).

### 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.

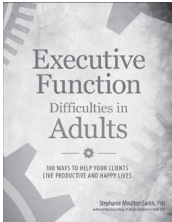
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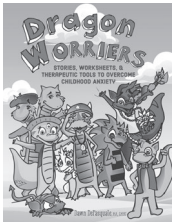
### Executive Function Difficulties in Adults

*100 Ways to Help Your Clients Live Productive and Happy Lives*

By Stephanie Moulton Sarkis - **Seminar 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



### 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" 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.

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**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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**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.

**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.



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.

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RECOGNIZING AND TREATING THE EMERGING EPIDEMIC

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#### WALK-INS

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• **\$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.

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