

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

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.

BECOME CERTIFIED!

ICATP
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.



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.*

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

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Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

Featuring

Carryl P. Navalta, Ph.D.

International Presenter, Expert in Anxiety and Trauma-Related Disorders in Children and Adolescents

HYANNIS, MA
Wednesday, January 15, 2020

TAUNTON, MA
Thursday, January 16, 2020

WORCESTER, MA
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Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

Featuring **Carryl P. Navalta, Ph.D.,**

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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 break-down, 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. Carryl P. Navalta, 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

Carryl P. Navalta, Ph.D., is a core faculty member of the Mental Health Counseling and Behavioral Medicine Program at Boston University School of Medicine where he has the great fortune of imparting his clinical wisdom to the ‘next generation’ of clinicians in both traditional and non-traditional classroom settings. He has held appointments at Harvard Medical School, New York University School of Medicine, and Tufts University School of Medicine. He is also a clinical research supervisor at Dr. Bessel van der Kolk’s Trauma Center. Dr. Navalta is an expert in several of the evidence-based practices for treating anxiety disorders in children and adolescents, including behavior therapy, cognitive behavior therapy, and exposure therapies. Trained as a child clinical psychologist and licensed in Massachusetts, he maintains a part-time private practice working with children and adolescents with emotional and behavioral disorders and their families.

Dr. Navalta is an exceptional educator, clinician, and researcher. He has contributed numerous writings to major works in the field of developmental psychopathology, including a chapter in the *Handbook of Pediatric Neuropsychology* (2011, Springer Publishing). He also serves as associate editor of the online journal, BioMed Central (BMC) Psychiatry.

As an adept speaker and trainer, Dr. Navalta presents his work and provides training/ consultation across local, regional, national and international venues.

Speaker Disclosures:

Financial: Dr. Carryl P. Navalta is a faculty member at Boston University School of Medicine. He is a compensated research investigator for the Trauma Center at the Justice Resource Institute. He receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. Carryl P. Navalta is on the Editorial Board for the journal BioMed Central (BMC) Psychiatry. He is a contributing author on numerous books/resources on the topics of childhood trauma and developmental psychopathology.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

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11:50-1:00 Lunch (*on your own*)
4:00 Program ends

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Dragon Worriers

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By Dawn Depasquale, MA, LMHC

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Acceptance and Mindfulness Toolbox for Children and Adolescents

75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More

By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D.

The *Acceptance and Mindfulness Toolbox for Children & Adolescents* gives you the resources to help the children and adolescents better manage their behaviors and emotions. After years of clinical experience using these practical, evidence-based tools with young clients, the authors have put together **over 75 worksheets, activities, exercises, and scripts** to engage kids and keep therapy moving forward.

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