

ANXIETY DISORDERS

Divorce, family breakdown, violence in society and the media, has produced a “shell shocked” generation of kids suffering from anxiety!

Join anxiety expert, Dr. Stephanie Sarkis, who will demonstrate how you can “connect” with anxious children and inspire them to practice new self-regulation skills. You will learn how to help parents (“bulldozers,” “helicopters” and “snowplows”) and schools gain confidence, gratification and success in helping their most anxious kids.

To increase your effectiveness with the various manifestations of child anxiety, **Dr. Sarkis will address each of the following disorders with case examples and clinical vignettes:**

- Separation Anxiety Disorder
- Panic Disorder
- Generalized Anxiety Disorder
- Obsessive-compulsive disorders (including skin picking and hair pulling)
- Social Anxiety Disorder/Selective Mutism
- Specific phobias
- Trauma- and Stressor-related disorders

Emphasis will be on creative psychotherapy involving insight-oriented, cognitive-behavioral, biological, mindfulness, and family systems interventions.

OBJECTIVES

1. Incorporate motivational therapeutic activities into your practice to improve client engagement in treatment.
2. Implement structured clinical interviewing strategies to aid in developing comprehensive treatment plans.
3. Summarize the “3 ingredient framework” of how anxiety develops in children to assist with assessment and treatment planning.
4. Analyze the efficacy of prescription drugs as compared to complementary medicine for treatment of anxiety symptoms in children.
5. Implement a three-step skill building model for stress management among young clients.
6. Evaluate exposure therapy interventions for effective treatment of OCD, separation anxiety, social anxiety and phobias.
7. Design effective strategies to decrease the stress response in kids with learning disabilities to improve information processing, listening skills, and comprehension.
8. Implement calming techniques to reduce overall anxiety, such as mindfulness and yoga, to reduce fight or flight response and simultaneously engage the relaxation response.
9. Evaluate the impact deep breathing exercises have on anxiety to enable task completion in children with ADHD.
10. Utilize specific anxiety techniques to minimize the ruminative nature of obsessive thoughts that often precede dysfunctional compulsive behaviors.
11. Teach clients to engage the parasympathetic nervous system to create new neuropsychological pathways to reduce hyper arousal and decrease maladaptive behaviors.
12. Implement clinical strategies to decrease symptoms of pervasive separation anxiety in children and adolescents.

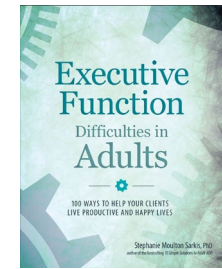
Questions?
Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

STEPHANIE MOULTON SARKIS, PH.D., 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.

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).

SAVE BY INCLUDING THESE PRODUCTS WITH WORKSHOP REGISTRATION!



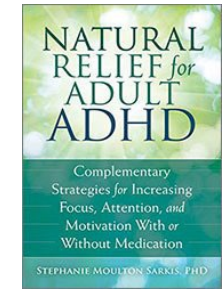
Executive Function Difficulties in Adults

100 Ways to Help Your Clients Live Productive and Happy Lives

By Stephanie Moulton Sarkis, ***Your 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.

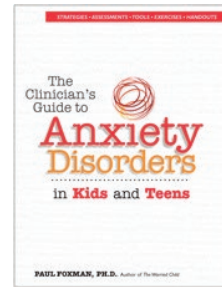


Natural Relief for Adult ADHD

Complementary Strategies for Increasing Focus, Attention, and Motivation With or Without Medication

By Stephanie Sarkis, Ph.D. NCC LMHC, ***Your Presenter***

In the book, you'll find a ton of information on how to manage your ADHD, such as body awareness techniques to prevent sensory overstimulation common in ADHD; working memory training; massage, acupuncture, acupressure, chiropractic treatment; how food additives can affect ADHD symptoms, particularly certain pesticides; how to incorporate organic food into the diet while on a budget; and much, much more.




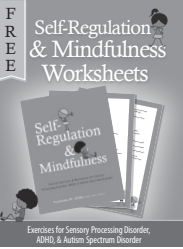
The Clinician's Guide to Anxiety Disorders in Kids & Teens

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.

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2-DAY CERTIFICATION TRAINING

TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

SAN DIEGO, CA

Tuesday & Wednesday

February 25-26, 2020

IRVINE, CA

Thursday & Friday

February 27-28, 2020

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Become CCATP-CA Certified!
Details Inside

DAY ONE

Sources of Anxiety and Treatment Overview

- What research tells us about therapy effectiveness applied to children
- How anxiety develops in children: the “Three Ingredients Framework”
- Biological sensitivity
- Anxiety personality style
- Stress overload
- Treatment goals, strategies and recommendations
- The baseball analogy for behavior change and symptom reduction
- Behavioral health recommendations

Interventions: Stress Management and Anxiety-Regulation Skills

- The 1st intervention: “3-S” process for stress management
- Symptoms
- Sources
- Solutions
- The 2nd intervention: anxiety regulation skills
- “Relaxation Response”
- Breathing practices
- Mindfulness practices for children
- Flow activities
- Yoga games
- Martial arts
- “Baby Buddhas” meditation for preschoolers
- Other approaches to self-regulation

School Recommendations, Medication, DSM-5® Classification, and Interventions for Separation Anxiety Disorder

- Recommendations for schools
- Pros and cons of medication
- Nature’s remedies
- Herbal treatments
- Homeopathy
- DSM-5® anxiety disorders: current updates
- Separation anxiety
- Normal separation process
- Therapeutic exposure
- “Helicopter,” “bulldozer” and “snowplow” parenting
- Strategies to help parents let go

Interventions for Generalized Anxiety and Panic Disorder

- Generalized anxiety
- Why we worry
- Introducing language for new thought patterns
- 9 strategies for replacing worry with alternative cognitive habits
- Panic disorder
- Diagnosis and treatment success rates
- Agoraphobia component
- Treatment metaphors
- “Floating Technique”
- “LifeSkills” Self Help Program

DAY TWO

Interventions for Obsessive-Compulsive Disorders

- Obsessive-compulsive disorders: expanded classification
- Relationship between obsessions and compulsions
- Trichotillomania (hair pulling)
- Excoriation (skin picking)
- Body dysmorphia
- PANDAS (medically induced OCD: Pediatric Autoimmune Disorder Associated with Streptococcus Infection)

Interventions for Social Anxiety Disorder and Selective Mutism

- Social Anxiety Disorder
- Selective mutism
- Self-esteem issues and treatment
- Social communication skills
- Group therapy

Interventions for Phobias and Stressor- and Trauma-Related Disorders

- Specific Phobias
- Diagnosis and examples
- Virtual reality exposure
- Stressor and Trauma-related disorders
- Expanded diagnostic classification
- Attachment disorders
- Adjustment disorders
- Acute stress disorders
- Trauma-related disorders
- New frontiers in trauma treatment

Wrap Up

- Therapy progress measures
- Case consultations

SEMINAR SCHEDULE FOR BOTH DAYS

- 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 training meets the 12 hours education requirement when applying for Certification.

For full requirements, please visit:

www.icatp.com

The Institute of Certified Anxiety Treatment Professionals

Live Seminar Continuing Education Credit Information for Workshop

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 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 laws 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 Networker.

Counselors: This intermediate activity consists of 12.5 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.

California Counselors: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under “Where to find CE Courses.” This Intermediate level activity consists of 12.0 clock hours of continuing education instruction.


Educators/Teachers: This course is designed to qualify toward your professional development requirement. The program is 12.5 clock hours in length.

Marriage & Family Therapists: This activity consists of 760 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.

California Marriage & Family Therapists: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under “Where to find CE Courses.” This Intermediate level activity consists of 12.0 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 12.5 contact hours or 1.25 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.

California Psychologists: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PE5010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 12.5 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 1.25 ASHA CEUs (Intermediate level, Professional area).

California Speech-Language Pathologists and Audiologists: PESI, Inc. is an approved provider with the California Speech-Language Pathology and Audiology Board, #PDP 319. This course meets the qualifications for 12.5 hours of continuing professional development credit for Speech-Language Pathologists or Audiologists, as required by the California Speech-Language Pathology and Audiology Board.

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 12.5 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.

California Social Workers: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under “Where to find CE Courses.” This Intermediate level activity consists of 12.5 clock hours of continuing education instruction.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

Other Professions: This activity qualifies for 760 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.

Target Audience

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



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REGISTRATION FORM

2-DAY CERTIFICATION TRAINING

TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

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3 Select Tuition

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- ☐ **\$29.99*** *Executive Function Difficulties in Adults* book (PUB085200)
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- ☐ **\$24.99*** *The Clinician’s Guide to Anxiety Disorders in Kids & Teens* book (PUB084640)

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

4 Select Payment Method

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, first come, first serve.
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QUESTIONS

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OTHER WAYS TO REGISTER

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