

## 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

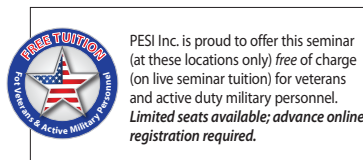
### Interventions and Self-Regulation Strategies

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

### Live Seminar & Webcast Schedule (Times Listed in Eastern)

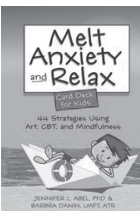
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

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.



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.**

**\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**



### Melt Anxiety and Relax Card Deck for Kids

44 Strategies Using Art, CBT and Mindfulness

By Jennifer L. Abel, Ph.D. & Barbra Danin, LMFT

The Melt Anxiety & Relax Card Deck for Kids provides 44 fun, easy, and effective practices to help anxious and worried young minds. Using the best strategies from CBT, Mindfulness and Art Therapy, kids can learn how to regulate their thoughts and emotions, and find ways to express themselves in a healthy way. Best for ages 4-12. **BONUS!** 12 tips and strategies for caregivers to help relieve anxiety and worry.



### 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.

### Target Audience:

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

### 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 Graf** at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call **715-855-8199**.

Don't Miss!  
**LIVE VIDEO  
WEBCAST**

FRIDAY  
June 19, 2020

REGISTER ONLINE  
[pesi.com/webcast/82825](http://pesi.com/webcast/82825)

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE  
credits  
included!

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

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

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

# Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

**ERIE, PA**  
Thursday, June 18, 2020

**PITTSBURGH, PA**  
Friday, June 19, 2020

**LIVE VIDEO WEBCAST**  
Friday, June 19, 2020

**PESI®**  
[www.pesi.com](http://www.pesi.com)

**REGISTER NOW**

[www.pesi.com/express/77876](http://www.pesi.com/express/77876)

# Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

Featuring  
**Steven O'Brien, Psy.D.**, expert in child/family psychology

• 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

**ERIE, PA**  
Thursday, June 18, 2020

**PITTSBURGH, PA**  
Friday, June 19, 2020

**LIVE VIDEO WEBCAST**  
Friday, June 19, 2020

**PESI®**  
[www.pesi.com](http://www.pesi.com)

A NON-PROFIT ORGANIZATION CONNECTING  
KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW: [www.pesi.com/express/77876](http://www.pesi.com/express/77876)



Become  
**CCATP-CA  
Certified!**  
Details Inside

# Anxiety Disorders in Children & Adolescents

## Recognizing & Treating the Emerging Epidemic

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. The challenge for clinicians is to recognize anxiety in children and help them cope.

Dr. Steve O'Brien 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
- Social anxiety disorder
- Panic disorder
- Phobias
- Overanxious
- Post-traumatic stress disorder
- Obsessive-compulsive 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.

## 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.

### Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on June 19, 2020, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/82825](http://www.pesi.com/webcast/82825)

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

#### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.



Questions? Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)

## Speaker

**DR. STEVE O'BRIEN** is a clinical psychologist with over 20 years of experience treating children with a variety of anxiety disorders, including Separation Anxiety, Generalized Anxiety and Obsessive-Compulsive Disorder. He specializes in treating children with co-occurring disorders, especially those who struggle with both anxiety and ADHD or autism. Dr. O'Brien utilizes an eclectic approach which tailors treatment to the developmental level of both children and parents. His approach integrates individual child therapy with intensive parental and familial interventions. Dr. O'Brien has worked in a variety of clinical settings including community mental health centers, psychiatric hospitals and medical clinics. He earned his Psy.D. at Nova Southeastern University and received specialized training in applied developmental psychology. Dr. O'Brien incorporates pediatric and child psychiatric consultation into his therapeutic work. He served as associate professor at the Florida School of Professional Psychology at Argosy University from 2000 to 2016. While at the university, Dr. O'Brien developed a unique doctoral level course, 'Parent Consultation', designed for graduate students specializing in child/family therapy. In 2015, he developed Life@Home, an innovative clinical tool/app for obtaining a child's perception of family life. Dr. O'Brien also serves as a media consultant for Bay News 9, Tampa Bay's 24-hour news source.

#### Speaker Disclosures:

Financial: Steve O'Brien is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Steve O'Brien is a member of the American Psychological Association; and the Florida Psychological Association.



**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.

### 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 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.

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

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

**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.

**New York Marriage & Family Therapists:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for 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/BoardsCommissions/>. This intermediate activity consists of 6.25 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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

#### 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.

**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. Provider #PSY000211. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

**APPROVED PROVIDER**

**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).

*\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.*

**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 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.

## REGISTRATION FORM

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

**SAVE TIME! Express Register Online: [pesi.com/express/77876](http://pesi.com/express/77876)**

**1 Please complete entire form if sending by mail** please print legibly

\*Email address \_\_\_\_\_ \*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_  Home  Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_ \*Required for event updates

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit [pesi.com/privacy](http://pesi.com/privacy) for more information.

**2 Select Location** (make copy for your records)

**ERIE, PA • June 18, 2020 (77876ERI)**  
Ambassador Banquet & Conference Center  
7794 Peach St • 16509 • (814) 866-9999

**PITTSBURGH, PA • June 19, 2020 (77876PIT)**  
Crowne Plaza Pittsburgh South  
164 Fort Couch Road • 15241 • (412) 833-5300

**LIVE VIDEO WEBCAST • June 19, 2020 (PLW77876)**  
Broadcast LIVE to your computer!

**3 Select Tuition**

**ON-SITE TUITION including seminar manual**  
**\$219.99** – choose one of the options below:  
 per person for 2 or more preregistering together —OR—  
 single registration postmarked 3 weeks prior to seminar date

**\$249.99** standard

**ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar**

**\$17.99\*** *Melt Anxiety and Relax Card Deck for Kids* (PUB086025)

**\$24.99\*** *Dragon Warriors* book (PUB085930)

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

**WEBCAST with downloadable seminar manual**

**\$219.99** registration (+ tax in HI & NM)

**4 Select Payment Method**

**All registrations must be prepaid.**

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

Purchase order enclosed (Fed ID # 26-3896894)

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

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)



**ADA NEEDS**  
We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto: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.

**TUITION OPTIONS**  
*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.*
- **\$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, first come, first serve.
- **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 (on live seminar and live video webcast tuition). *Advance online registration required.*

**QUESTIONS**  
Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

**OTHER WAYS TO REGISTER**

Fax: 800-554-9775  
Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000  
Phone: 800-844-8260  
Online: [pesi.com/express/77876](http://pesi.com/express/77876)

**CAN'T ATTEND THE SEMINAR?**

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

— **Online Digital Seminar\*** \$219.99 (P0S060100) (Email required)

— **Seminar on DVD\*\*** \$219.99 (RNV060100)

Product total \_\_\_\_\_  
Shipping - \$6.95 (DVD only) \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IL, IN, IA, ID, KY, LA, ME, MI, MN, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.  
\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.