

Growing Up Anxious

Treating Anxiety Disorders in a Generation
Hyper-focused on Achievement, Technology and Safety

We all want kids to be successful, safe, and secure, but such good intentions are having unintended consequences.

Three societal ingredients.... a hyper-academic mindset, preoccupation with safety, and a tech-obsessed society... are fueling childhood anxiety, leaving kids fearful, avoidant, and ill-equipped for adulthood.

Join child psychologist Steve O'Brien, Psy.D., for 2 days filled with practical strategies as he presents a three-level treatment model for childhood anxiety using targeted, evidenced-based therapies to:

- Connect with and "rewire" anxious children and families
- Provide child-friendly instruction about anxiety and the brain
- Promote self-expression and healthy coping in shut-down kids
- Reduce debilitating social anxiety in adolescents
- Treat technology-related worries, obsessions, and compulsions
- Develop anxiety-free safety plans for distressed kids and parents

Don't miss out on this cutting-edge program for equipping and empowering kids to not only cope with anxiety, but to thrive as they develop a growing sense of both competence and confidence!

Best of all, upon completion of this live training, you'll be eligible for Certification in Child and Adolescent Anxiety through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of child and adolescent anxiety counseling. Professional standards apply. Certifications customized to match your professional background include:

- **Certified Clinical Child & Adolescent Anxiety Treatment Professional - CCATP-CA** (Mental Health professionals, please visit www.evergreencertifications.com/CCATPCA for details)
- **Anxiety-Certified Rehabilitation Services Provider - A-RSP** (Allied Health/Rehabilitation Professionals, please visit www.evergreencertifications.com/arsp for details)
- **Anxiety-Certified Educator – ACE** (Education Professionals, please visit www.evergreencertifications.com/ace for details)

Target Audience

Social Workers • Psychologists • Counselors • Teachers • School Administrators
Occupational Therapists • Speech-Language Pathologists • Nurses
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 self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Digital Seminar or DVD: 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 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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Meg Mickelson Graf** at mgraf@pesi.com or call 715-855-8199.



Meet Your Speaker

Dr. Steve O'Brien, is a clinical psychologist with over 25 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's expertise also includes treatments for childhood depression, oppositional behavior, and divorced/blended family adjustment.

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 by Psychtouch.com, 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.

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.

CERTIFICATION MADE SIMPLE!

- **No hidden fees** – PESI pays for your application fee (a \$99 value)*!
- **No additional forms to fill out.**
- **Simply complete this live event and evaluation, and you're a Certified Clinical Child & Adolescent Anxiety Treatment Professional (CCATP-CA) through Evergreen Certifications.**

Attendees will receive documentation of CCATP-CA certification from Evergreen Certifications 4 to 6 weeks following the program. Professional standards apply. Visit www.evergreencertifications.com/CCATPCA for answers to frequently asked certification questions.

* Certification cost included with purchase of live webcast. Digital seminar and DVD do not include certification.



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Professional standards apply, see www.evergreencertifications.com/CCATPCA for full certification details.



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

GROWING UP ANXIOUS - 3 KEY INGREDIENTS

EARLY EMPHASIS ON HIGH ACHIEVEMENT AND PERFORMANCE

Emotional costs of a hyper-academic mindset and over-evaluation
Performance philosophy pitfalls: perfectionism and procrastination
Consequences of strong individualism: anti-collaborative attitudes

TECHNOLOGY IMMERSION: PLUGGED IN BUT TUNED OUT

Tech-savvy, socially naive
Fearless online, fearful offline
Gratification-dependent, grit-deficient

PREOCCUPATION WITH SAFETY AND POTENTIAL THREAT

Overprotected but underdeveloped.... socially and emotionally
How dysregulated adults promote anxiety-ridden kids
Failure to launch: Why “adulging” is difficult and frightening

INTEGRATING EVIDENCED-BASED TREATMENT APPROACHES

Behavior therapy/modification
Cognitive-behavior therapy
Family-focused/systemic therapy
Interpersonal therapy
Play/art/creative therapies
Mindfulness-based therapies

GUIDELINES FOR RAPPORT-BUILDING AND CLINICAL INTERVIEWING

Semi-structured parent interviews:
Combining engagement with efficiency
Developmentally-sensitive child interviews: Integrating observation, play and dialogue
Parent consultation: Constructing a framework for parental involvement

PSYCHOEDUCATION FOR PARENTS AND KIDS: THE FIRST INTERVENTION

Teaching parents about their child’s overactive brain
Giving a child-friendly “tour of the brain”
Highlighting the mind-body connection
Social Anxiety Disorder

Evaluating cognitive versus physiological features

Cognitive-behavioral methods for getting teens out of their heads and into the world
Role-playing and free association games for promoting real-time interaction
Desensitization strategies for combating social avoidance

BIOPSYCHOSOCIAL TREATMENT: THE SECOND INTERVENTION

“LOWERING THE TEMPERATURE, SLOWING THE PACE”
Reducing Emotional Intensity and Conflict for a Calmer Environment
Healthy habits and daily transition rituals
Self-expression and support-seeking skills
3 R’s of anxiety management: Recognize, Relax, Redirect

TARGETED TREATMENT FOR MAJOR (DSM-5™) ANXIETY DISORDERS: THE THIRD INTERVENTION

Generalized Anxiety Disorder
Identifying manifestations of chronic worry
Cognitive strategies for discrediting the “what-if? person”
Self-talk for empowering the “helpful coach”
Cognitive-behavioral redirection for worries
Paradoxical relaxation for overachievers
Separation Anxiety Disorder
Assessing psychological and somatic components
Pre-treatment preparation: It’s all about the plan
Developing a treatment-support team
Action plans for high-distress episodes
Strategies for distressed/enmeshed parents

Phobias and Panic Disorder

Cognitive and physical/physiological symptoms
Essential ingredients for desensitization
“Challenge ladders” for gradual exposure

Planning-for-panic strategies
Obsessive-Compulsive Disorder
Variations in obsessive-compulsive symptomatology
“Brain challenges” for rigid perfectionists
Mindfulness strategies: “Balloon breathing and wet noodles” for high-threat perceivers

Controlled withdrawal and replacement for tech-addicts

CO-OCCURRING DISORDERS: TREATMENT IMPLICATIONS, RISKS, AND LIMITATIONS

Depressive Disorders
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorders

ANXIETY-RIDDEN AT SCHOOL: CONSIDERATIONS AND CLASSROOM APPLICATIONS

Relationship-building with distressed/disruptive kids
Dealing with the (dreaded) 3 D’s: Defiance, Disrespect, Disruption
Creating a calm, responsive classroom
Reducing task avoidance and test anxiety
Managing compulsive technology usage
Identifying, intervening, and preventing bullying
Tips for (post) pandemic adjustment

MEASURING TREATMENT PROGRESS

Evaluating symptomatology and functional level
School consultation and recommendations
Medication: Guidelines for discussion and referral

Live Webcast Schedule (both days) (Times listed in Central)

8:00 Program begins

12:00-1:00 Lunch Break

3:30 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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This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/83829.

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Educators – AZ, IL, IN, MT, NJ, NY, TX

Marriage and Family Therapists – AK, AL, AR, AZ, CA, CO, FL, IA, IL, IN, KS, ME, MI, MO, MT, NC, NH, NM, NV, NY, OH, PA, SC, TN, TX, UT, WY

Nurses – All States

Occupational Therapists – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NH, NJ, NV, NY, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY

Psychologists – AZ, CT, DE, FL, HI, IA, ID, IL, IN, KS, KY, ME, MI, MO, MT, NC (Category B), NE, NH, NY, OH, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WV

Speech Language Pathologists – All States

Social Workers – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WY

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To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

National Approvals

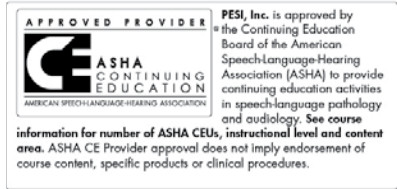
Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$79.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 12.0 contact hours.



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This course is offered for 1.2 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.



PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.0 contact hours or 1.2 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.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

QUESTIONS

Visit pesi.com/fag or contact us at pesi.com/info

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