

## 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: "3-5" 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
- 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
- Introduce 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

## TARGET AUDIENCE

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

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)

## 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

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

**8:00** Program begins

**11:50-1:00** Lunch Break

**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.

**Learning Objectives can be  
viewed at  
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with **Paul Foxman, Ph.D.,**  
award-winning author and  
international speaker

**LIVE Interactive Webcast**  
**Thursday & Friday, October 15 & 16, 2020**

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# 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 and author, Dr. Paul Foxman, 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. Foxman 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.

**PAUL FOXMAN, PH.D.,** has led hundreds of workshops throughout the U.S. and Canada, and he has appeared on television and radio as an expert on the topic of anxiety. His books include *The Clinician's Guide to Anxiety Disorders in Kids & Teens* (2017), *Dancing with Fear* (2007) and award-winning *The Worried Child* (2004). He also co-authored a casebook, *Conquering Panic and Anxiety Disorders* (with Glatzer). Dr. Foxman is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style.

Dr. Foxman is a clinical psychologist, as well as founder and director of the Vermont Center for Anxiety Disorders. In 1985 he co-founded the Lake Champlain Waldorf School in Shelburne, VT, now flourishing from kindergarten through high school. Dr. Foxman has over 40 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools and private practice.

Dr. Foxman's education includes Yale University (B.A. in Psychology), Peabody College of Vanderbilt University (Ph.D. in Clinical Psychology), and training at the Department of Psychiatry of Mt. Zion Hospital in San Francisco, the Kennedy Child Study Center in Nashville, and the San Francisco Psychoanalytic Institute.

Speaker Disclosure:

Financial: Dr. Paul Foxman is the founder/director of the Center for Anxiety Disorders. He is an author for Hunter House and receives royalties. He is an author for Jason Aronson, Inc. and receives royalties. He is an author for Da Capo Press and receives royalties. He receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. Paul Foxman co-founded the Lake Champlain Waldorf School.

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*Attendees will receive electronic documentation of CCATP-CA certification from Evergreen Certifications 4 to 6 weeks following the program. Professional standards apply. Visit [evergreencertifications.com](http://evergreencertifications.com) for answers to frequently asked questions.*

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

### CE CREDIT AVAILABLE FOR WEBCAST – UP TO 12.5 HOURS!

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**Counselors** - AK, AL, AZ, CA, CO, CT, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

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**Educators** - AZ, IL, IN, MT, NJ, NY, TX


**Nurses** - All States

**Psychologists** - AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MS, MT, NC (Category B), NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WI, WV

**Psychiatrists** - All States

### National Approvals

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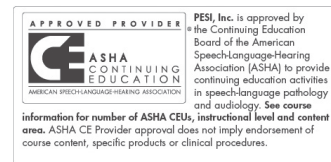
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**Speech Language Pathologists** - All States

**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

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



This course is offered for 1.25 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.**



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