

## 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

## 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

Learning Objectives can be viewed at [pesikids.com/express/86124](http://pesikids.com/express/86124)

### Live Seminar & Webinar Schedule (Times listed in Eastern) (both days)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

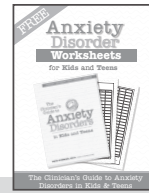
**11:50-1:00** Lunch (*on your own*)

**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.

### FREE BONUS OFFER!

### Anxiety Disorders for Kids and Teens Worksheets



Access these practical and engaging printable tools at [pesi.com/anxietyworksheets](http://pesi.com/anxietyworksheets)

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### 2-DAY CERTIFICATION TRAINING

# TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

with **Dr. Steve O'Brien**

**Parsippany, NJ**  
Thursday & Friday  
December 9 & 10, 2021

**Live Interactive Webinar**  
Thursday & Friday  
December 9 & 10, 2021



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### 2-DAY CERTIFICATION TRAINING

# TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

with **Dr. Steve O'Brien**

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This seminar meets ALL requirements to become a Certified Clinical Child & Adolescent Anxiety Treatment Professional (CCATP-CA) through Evergreen Certifications!

Professional standards apply, visit [www.evergreencertifications.com/CCATPCA](http://www.evergreencertifications.com/CCATPCA) for full certification details.



**Parsippany, NJ**  
Thursday & Friday  
December 9 & 10, 2021

**Live Interactive Webinar**  
Thursday & Friday  
December 9 & 10, 2021



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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. Steve O’Brien, 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. O’Brien 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.

Best of all, upon completion of this live training, you’ll be eligible to become a **Certified Clinical Child & Adolescent Anxiety Treatment Professional (CCATP-CA)** 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. Visit [www.evergreencertifications.com/CCATPCA](http://www.evergreencertifications.com/CCATPCA) for details.

## Target Audience:

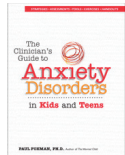
Social Workers • Psychologists • Counselors • Teachers • School Administrators  
Nurses • Occupational Therapists • Occupational Therapy Assistants  
Speech-Language Pathologists • Marriage and Family Therapists • Physicians  
Other Helping Professionals who Work with Children

## Recommended Reading:

Purchase this training for these exclusive savings!



**Melt Anxiety and Relax Card Deck for Kids**  
44 Strategies Using Art, CBT and Mindfulness  
By Jennifer L. Abel, Ph.D. & Barbara Danin, LMFT  
**\$17.99 \$13.99**



**The Clinician's Guide to Anxiety Disorders in Kids & Teens**  
By Paul Foxman, Ph.D.  
**\$24.99 \$19.99\***

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

**Can't attend in person? You can still join us!**

**Watch live webinar from your home or office** – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) or **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours, approvals and cost of CE Certificates may vary from live event, visit [pesikids.com](http://pesikids.com) for availability).

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

## CERTIFICATION MADE SIMPLE!

**EVERGREEN**  
CERTIFICATIONS

- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Clinical Child & Adolescent Anxiety Treatment Professional (CCATP-CA) through Evergreen Certifications is complete.\*

*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](http://www.evergreencertifications.com/CCATPCA) for professional requirements.*

## Meet Your Speaker

### DR. STEVE O'BRIEN

is a clinical psychologist with close to 30 years of experience treating children, adolescents, and families in his Clearwater, Florida practice. His specialty areas include treatment for childhood anxiety and depression, ADHD, Autism Spectrum Disorders, and divorced/blended family adjustment. Dr. O'Brien utilizes an integrative model 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 PsyD at Nova Southeastern University and received specialized training in applied developmental psychology. Pediatric, child psychiatric, and school consultation is a significant part of his clinical work, and he is a frequent guest speaker in the Tampa Bay area. Dr. O'Brien previously worked as a continuing education provider for the Juvenile Welfare Board, and is a well-received speaker for PESI, training professionals primarily in the areas of child/adolescent mental health treatment and complex family issues.

Speaker Disclosure:

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.

To view the full bio, visit [pesikids.com/express/86124](http://pesikids.com/express/86124)

## 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" for full attendance start and end times. The CE certificate for the live webinar can be downloaded after completing the webinar and passing the online post-test evaluation (80% passing score). 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 [capespi.com](http://capespi.com) or 800-726-3888 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, 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.

**New Jersey Counselors:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Educators/Teachers:** This activity qualifies for 760 minutes of instructional content as required by many national and state licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**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.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** 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 12.5 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 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.

**Psychologists & Psychiatrists:**

**Psychiatrists**

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists**

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**New Jersey Psychologists:** CE credit is available. This course consists of 12.5 continuing education credit hours for New Jersey Psychologists. The New Jersey Administrative Code, Title 13 Law and Public Safety, Chapter 42, Board of Psychological Examiners, Section 13:42-10.21 Continuing Education Programs, confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 12.5 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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 12.5 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, 2020 - January 27, 2023. Social Workers completing this course receive 12.5 Clinical 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 Jersey Social Workers:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/86124](http://www.pesi.com/events/detail/86124).

**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.

For all credit approvals and details, visit: [www.pesikids.com/express/86124](http://www.pesikids.com/express/86124)

## SIGN UP TODAY!

## Treating Anxiety Disorders in Children & Adolescents

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**2**

Live Training Options

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### A SELECT LOCATION

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**4**

Recommended Reading

☐ **\$17.99 \$13.99\*\* Melt Anxiety and Relax Card Deck for Kids** PUB086025

☐ **\$24.99 \$19.99\*\* The Clinician's Guide to Anxiety Disorders in Kids & Teens book** PUB084640

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

### IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

### 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

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- **Get a Group Discount!** Contact us at [pesikids.com/info](mailto:pesikids.com/info) to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available, advanced registration online required

- **\$50 Tuition per day:** If you are interested in being our registration coordinator for the day, go to: [www.pesikids.com/coord](http://www.pesikids.com/coord) for availability and job description, first come, first serve.

- **Discounted Student Rate:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit [www.pesikids.com/students](http://www.pesikids.com/students) for details.

### QUESTIONS

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

### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

### OTHER WAYS TO REGISTER

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Mail: PESI Kids  
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