

## 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/87923](http://pesikids.com/express/87923)

### Live Seminar & Webinar Schedule

(Time listed in Eastern) Both Days

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

**8:00** Program begins

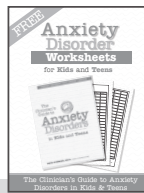
**11:50-1:00** Lunch (on your own)

**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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# TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

with **Dr. Steve O'Brien**

**Dallas, TX**  
Thursday & Friday  
December 8 & 9, 2022

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Thursday & Friday  
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with **Dr. Steve O'Brien**, expert in child and adolescent anxiety and depression

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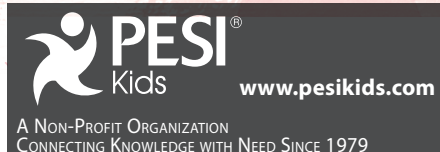
This seminar meets ALL requirements to become a Certified Clinical Child & Adolescent Anxiety Treatment Professional (CCATP-CA) through Evergreen Certifications!

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

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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.

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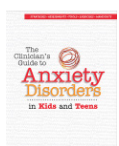
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Clinical Child & Adolescent Anxiety Treatment Professional (CCATP-CA) through Evergreen Certifications is complete.\*

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.

## Recommended Reading:

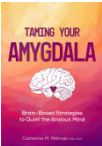
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### The Clinician's Guide to Anxiety Disorders in Kids & Teens

Paul Foxman, PhD

~~\$24.99~~ **\$19.99**



### Taming Your Amygdala

Catherine M. Pittman, PhD, HSPP

~~\$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).

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

## 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: Dr. Steven O'Brien maintains a private practice. He receives a speaking honorarium and recording royalties from PESI, Inc. Dr. O'Brien has no relevant financial relationships with ineligible organizations.

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

To view the full bio, visit [pesikids.com/webcast/87136](http://pesikids.com/webcast/87136)

### 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



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## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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 [cepsi@pesi.com](mailto:cepsi@pesi.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 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. For planning committee disclosures, please see the "credit approvals and details" URL below. 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, PESI UK, PESI AU, 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 York Counselors:** CE credit is available. 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 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**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 12.5 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.

**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.

**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 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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 professional development. Approved provider# 3322. This live activity is offered at 1.25 CEUs Intermediate, OT

Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

#### Psychologists & Physicians:

Physicians

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 York Psychologists:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0014. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Speech-Language Pathologists:**



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Intermediate Level

1.25 ASHA CEUs

\*\* Please note that Speech-Language Pathologists and/or Audiologists 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 6.25 Clinical continuing education credits.

Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance.

**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 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

## SIGN UP TODAY!

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**2**

Live Training Options

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### A SELECT LOCATION

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**4**

Recommended Reading

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

☐ **\$24.99 \$19.99\*\* Taming Your Amygdala** book

\*\*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

**5**

Select Payment Method

**All registrations must be prepaid.**

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