

## 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/88376](https://pesikids.com/express/88376)

#### Live Webinar Schedule (Both days) (Times listed in Eastern)

**8:00** Program begins

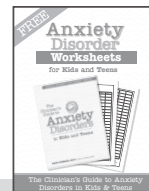
**11:50-1:00** Lunch Break

**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.

### FREE BONUS OFFER!

#### Anxiety Disorders for Kids and Teens Worksheets



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

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# TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

with **Dr. Steve O’Brien**

## LIVE Interactive Webinar

**Thursday & Friday, February 16 & 17, 2023**

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with **Dr. Steve O’Brien**, expert in child and adolescent anxiety and depression

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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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*Attendees will receive documentation of CCATP-CA certification from Evergreen Certifications 4 to 6 weeks following the program.*

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## 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/88376](http://pesikids.com/webcast/88376)

### 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

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Nurses, Occupational Therapists, Physicians, Psychologists, Social Workers, and Speech-Language Pathologists.**

For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc.

Intermediate level  
1.25 ASHA CEUs

*\*\* 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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\*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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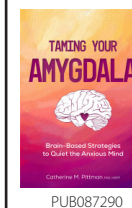
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## Recommended Reading:

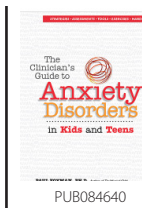


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\*If mailing/faxing registration, find form at [www.pesikids.com/form](http://www.pesikids.com/form) or call 800-726-3888

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