

Outline

CBT with Anxious Children
Not as Straightforward as it May Seem

Challenges of engaging anxious children in CBT
Rationale for integrating playful activities with CBT
Key guidelines for CBT with anxious children
Creative use of rewards to motivate children to follow through with skill practice

Childhood Anxiety
What's Normal and What's Problematic

What anxiety looks like and feels like in children
Differentiating anxiety and ADHD
Common anxious thoughts
Physiological responses to anxiety

Innovative Model for Engaging and Assessing Children

Build trust and rapport with children
Help children open up and share their fears
Hone in on key areas to assess
Gather key information from parents and teachers
Translate assessment information into an effective treatment plan
Limitations and risks

Objectives

- 1. Analyze the special challenges of utilizing CBT with children.
- 2. Determine the benefits of integrating play therapy interventions in CBT with children.
- 3. Use at least two play-based interventions to assess anxiety in children.
- 4. Conclude two methods for fostering treatment readiness in anxious children.
- 5. Implement at least five new play therapy interventions to treat anxiety in children.
- 6. Construct play-based ways to engage resistant children so they will follow through with an exposure plan.

Tips, Tricks, and Treatment Techniques
Play Therapy Games, Art, Stories & More

Play therapy interventions to address the core components of CBT
Foster treatment readiness
Exposure plans to fit unique needs of each client
Address resistance so children will approach rather than avoid their fears
Collaborate with parents and school personnel to augment the child's therapeutic progress
Storytelling with young children to facilitate gradual exposure

Innovative Activities to Treat the Toughest Cases

Signs and symptoms of phobias, separation anxiety, perfectionism, and selective mutism
Sample gradual exposure plans to treat complex anxiety disorders
Creative games, stories, art, and more to equip children with essential skills to face their fears

Live Webinar Schedule
(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.

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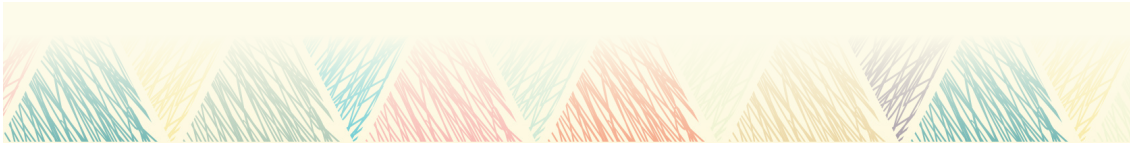
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Play-Based CBT for Children with Anxiety

Innovative Techniques that Work



Live Interactive Webinar
Friday, March 3, 2023

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Play-Based CBT for Children with Anxiety

Innovative Techniques that Work

Featuring **Liana Lowenstein, MSW, RSW, CPT-S**, best-selling author and international presenter

- Uncover the signs and symptoms of phobias, separation anxiety, perfectionism, and selective mutism
- Playful games, stories, art, and more to equip children with essential skills to face their fears
- Translate assessment information into an effective treatment plan



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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Play-Based CBT for Children with Anxiety

Innovative Techniques that Work

We know CBT is effective to help kids manage their anxiety. The problem is, traditional CBT that is talk-focused and workbook-based falls flat.

By integrating therapeutic games, art, stories, and puppets into CBT, you'll captivate children's interest, put them at ease, and motivate them to learn and apply core skills.

This one-day event will *offer you an opportunity to walk alongside an expert and learn creative therapeutic techniques to engage, assess and treat anxious children*. You'll learn to forge a more positive therapeutic experience for kids as they get out from underneath the anxious chatter in their minds.

Join award-winning author and international speaker Liana Lowenstein, as she brings CBT to life through her innovative approach.

You'll learn to make CBT engaging through PLAY interventions to:

- Create a safe and trusting therapeutic environment
- Assess anxiety symptoms and its impact on the child
- Provide kid-friendly psychoeducation about anxiety and CBT basics
- Foster treatment readiness and navigate resistance
- Implement developmentally appropriate cognitive restructuring techniques
- Develop gradual exposure plans that fit the child's needs
- Teach effective relapse prevention skills

Watch the activities come alive through videos of client sessions and activity demonstrations and come ready to play and immerse yourself in hands-on experiential exercises.

Make CBT interventions come alive - register today!



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Speaker

Liana Lowenstein is a registered clinical social worker, certified play therapist-supervisor, and certified TF-CBT therapist who has been working with children and their families in Toronto for over 35 years. Her 13 books are used by mental health professionals all over the world. She is a dynamic keynote speaker who has provided trainings throughout North America and abroad, including China, South Africa, Israel, England, Turkey, New Zealand, and Australia. She is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada.

Speaker Disclosures:

Financial: Liana Lowenstein maintains a private practice. She receives royalties as a published author. Liana Lowenstein receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Liana Lowenstein is a member of the Ontario Association of Social Workers and Association for Play Therapy.

Target Audience:

Counselors • Marriage & Family Therapists • Psychologists • Social Workers • Play Therapists
Educators • Occupational Therapists • Speech-Language Pathologists

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, Occupational Therapists, Occupational Therapy Assistants, Physicians, Play Therapists, Psychologists, Speech-Language Pathologists, and Social Workers.**

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 and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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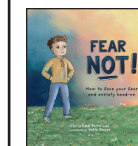
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Recommended Reading:



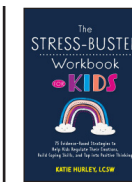
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Fear Not

How to Face Your Fear and Anxiety Head On

Christina Furnival, MS, LPCC

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The Stress-Buster Workbook for Kids

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Katie Hurley, LCSW

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