

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/88723

Live Webinar Schedule (Both days) (Times listed in Central)

8:00 Program begins

11:50-1:00 Lunch Break

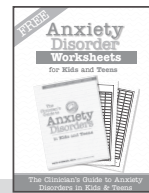
4:00 Program ends

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.

“This was extremely informative, maintained a high level of interest and was beneficial to my profession as well as my family. I will remember the videos of the presenter’s clients for their genuine honesty and touching stories.” – Stacy O.

FREE BONUS OFFER!

Anxiety Disorders for Kids and Teens Worksheets



Access these practical and engaging printable tools at pesi.com/anxietyworksheets

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesikids.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI Kids
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc

2-DAY CERTIFICATION TRAINING

TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

with **Dr. Steve O’Brien**

LIVE Interactive Webinar Thursday & Friday, April 20 & 21, 2023

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesikids.com/webcast/88723

Join us online for this live training!

2-DAY CERTIFICATION TRAINING

TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

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

BECOME A CERTIFIED CLINICAL CHILD & ADOLESCENT ANXIETY TREATMENT PROFESSIONAL!

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 for full certification details.



Live Interactive Webinar Thursday & Friday, April 20 & 21, 2023

BONUS! – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:

pesikids.com/webcast/88723

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at pesikids.com/info!

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 for details.

“Very useful course taught by an articulate, experienced, and nuanced clinician. Videos of Dr. O’Brien’s clinical work were also clinically very useful and engaging.” – Martin S.

CERTIFICATION MADE SIMPLE!



- 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 for professional requirements.*



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesikids.com/info or 800-726-3888 and we will make it right.

Questions? Visit our FAQ page at www.pesikids.com/faq or contact us at www.pesikids.com/info.

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 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 Psychotherapy Networker and PESI, Inc. He has no relevant financial relationships with ineligible organizations.

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

To view the full bio, visit pesikids.com/webcast/88723

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, Occupational Therapy Assistants, 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.*

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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.



PESI, Inc. is an AOTA Approved Provider of professional development. Approved

provider# 3322. This Distance Learning-Interactive 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.



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.

This activity is pending approval from the National Association of Social Workers.

Self-study credit: To check availability for your profession, go to www.pesikids.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab, PESI AU, PESI UK, and Psychotherapy Networker.

Earn up to
12.5 CE
Hours for one
low price!

For all credit approvals and details, visit: www.pesikids.com/webcast/88723

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesikids.com/webcast/88723

Live Interactive Webinar (Option 1)

April 20 & 21, 2023 [PWZ88722]

\$439.99 tuition

8am Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

**Live CE is only available when viewed live*

Get a Group Discount! Contact us at www.pesikids.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$439.99 [POS053600]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access

• Earn a self-study CE certificate
CE hours and approvals may vary from live event. Visit www.pesikids.com or call 800-726-3888 to check for availability.

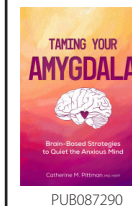
DVD (Option 3)

\$439.99 [RNV053600]

DVD Experience:

- Self-study CE certificate available
CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesikids.com or call 800-726-3888 to check for availability and pricing

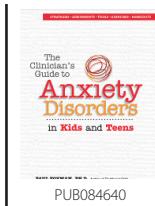
Recommended Reading:



Taming Your Amygdala
Brain-Based Strategies to Quiet the Anxious Brain

Catherine M. Pittman, PhD, HSPP
Seminar speaker!

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



The Clinician’s Guide to Anxiety Disorders in Kids & Teens

Paul Foxman, Ph.D.

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

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI Kids
PO Box 1000
Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesikids.com/form or call 800-726-3888

ADA NEEDS

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

QUESTIONS

Visit pesikids.com/faq or contact us at pesikids.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

