

# ANXIETY DISORDERS

Divorce, family breakdown, violence in society and the media, has produced a “shell shocked” generation of kids suffering from anxiety!

Join Carryl P. Navalta, Ph.D., 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. Navalta 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.

## OBJECTIVES

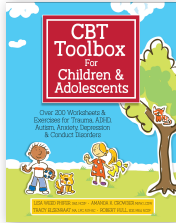
1. Incorporate motivational therapeutic activities into your practice to improve client engagement in treatment.
2. Implement structured clinical interviewing strategies to aid in developing comprehensive treatment plans.
3. Summarize the “3 ingredient framework” of how anxiety develops in children to assist with assessment and treatment planning.
4. Summarize the different ways anxiety manifests in the classroom and determine the appropriate strategy for reducing symptoms in clients.
5. Implement a three-step skill building model for stress management among young clients.
6. Evaluate exposure therapy interventions for effective treatment of OCD, separation anxiety, social anxiety and phobias.
7. Design effective strategies to decrease the stress response in kids with learning disabilities to improve information processing, listening skills, and comprehension.
8. Implement calming techniques to reduce overall anxiety, such as mindfulness and yoga, to reduce fight or flight response and simultaneously engage the relaxation response.
9. Evaluate the impact deep breathing exercises have on anxiety to enable task completion in children with ADHD.
10. Utilize specific anxiety techniques to minimize the ruminative nature of obsessive thoughts that often precede dysfunctional compulsive behaviors.
11. Teach clients to engage the parasympathetic nervous system to create new neuropathways to reduce hyper arousal and decrease maladaptive behaviors.
12. Implement clinical strategies to decrease symptoms of pervasive separation anxiety in children and adolescents.

**CARRYL P. NAVALTA, PH.D.,** is a core faculty member of the Mental Health Counseling and Behavioral Medicine Program at Boston University School of Medicine where he has the great fortune of imparting his clinical wisdom to the ‘next generation’ of clinicians in both traditional and non-traditional classroom settings. He has held appointments at Harvard Medical School, New York University School of Medicine, and Tufts University School of Medicine. He is also a clinical research supervisor at Dr. Bessel van der Kolk’s Trauma Center. Dr. Navalta is an expert in several of the evidence-based practices for treating anxiety disorders in children and adolescents, including behavior therapy, cognitive behavior therapy, and exposure therapies. Trained as a child clinical psychologist and licensed in Massachusetts, he maintains a part-time private practice working with children and adolescents with emotional and behavioral disorders and their families.

Dr. Navalta is an exceptional educator, clinician, and researcher. He has contributed numerous writings to major works in the field of developmental psychopathology, including a recent chapter in the Handbook of Pediatric Neuropsychology (2011, Springer Publishing). He also serves as associate editor of the online journal, BioMed Central (BMC) Psychiatry. As an adept speaker and trainer, Dr. Navalta presents his work and provides training/consultation across local, regional, national and international venues.

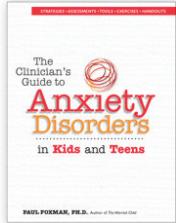
Speaker Disclosure:  
Financial: Dr. Carryl P. Navalta is a faculty member at Boston University School of Medicine. He is a compensated research investigator for the Trauma Center at the Justice Resource Institute. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Dr. Carryl P. Navalta is on the Editorial Board for the journal BioMed Central (BMC) Psychiatry. He is a contributing author on numerous books/resources on the topics of childhood trauma and developmental psychopathology.

### SAVE BY INCLUDING THESE PRODUCTS WITH CONFERENCE REGISTRATION!

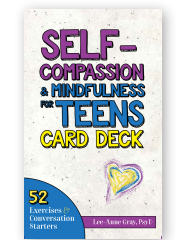


**CBT Toolbox for Children and Adolescents**  
*Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders*

By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat  
*The CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you’ll see how the best strategies from cognitive behavioral therapy are adapted for children.



**The Clinician's Guide to Anxiety Disorders in Kids & Teens**  
By Paul Foxman, Ph.D.  
International anxiety expert and bestselling author Paul Foxman, PhD, utilizes his four decades of clinical experience to make the most comprehensive, hands-on guidebook available. This resource provides all the tools needed to assess and treat even the most severe cases of anxiety in today’s generation.



**Self-Compassion & Mindfulness for Teens Card Deck**  
*54 Exercises and Conversation Starters*  
By Lee-Anne Gray, PsyD

Clinicians, educators, and even parents sometimes need help getting the conversation started with teens, especially around topics of anxiety, depression, school, ADHD, LGBTQ, anger and body image. This card deck is a collection of 54 prompts using mindfulness, compassion, self-compassion, and kindness to tackle, discuss, and treat these challenging issues.

Suitable for ages 13-99, these versatile cards stimulate conversation and promote mindful and kind ways of being.

**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.

**FREE Worksheets**

*Identifying Anxiety-Igniting Thoughts*

By Catherine Pittman, Ph.D. HSPP

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with **Carryl P. Navalta, Ph.D.**

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## 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-S” 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

## Target Audience

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

## 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

## WORKSHOP SCHEDULE FOR 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.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*



**BECOME CERTIFIED!**

This seminar meets **ALL** the education hours when applying for Certification as a certified Clinical Child and Adolescent Anxiety Treatment Professional (CCATP-CA).

Visit [icatp.com](http://icatp.com) for the full certification requirements.

## Live Workshop Continuing Education Credit Information for Conference

*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. 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 [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 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.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab 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.

**GEORGIA COUNSELORS:** 12.5 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 12.5 clock hours in length.

**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.

**GEORGIA MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

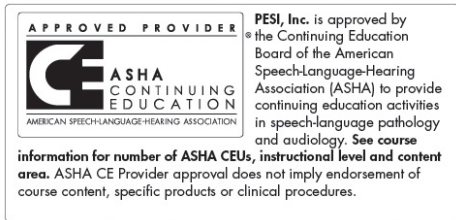
### OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or .6 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:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**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.

## Questions? Call customer service at 800-844-8260

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## 3 Check tuition:

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- ☐ **Standard Tuition \$439.99** per person

### ADD-ON PRODUCTS

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\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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