

# Outline

## Nature and Causes of Anxiety

- How anxiety develops in children
- Three ingredients in all anxiety disorders
- The “anxiety personality” — assets and liabilities

## Seven Key Anxiety Disorders

- Separation anxiety disorder
- Panic disorder
- Overanxious disorder
- Obsessive-compulsive disorder
- Social anxiety disorder
- Phobias
- Post-traumatic stress disorder

## Co-Occurring Disorders

- Depression
- ADHD
- Learning disabilities
- Selective mutism

## Therapeutic Approaches

- Cognitive-behavioral
- Biological
- Mindfulness
- Expressive Arts
- Family Systems Approaches

## Interventions and Self-Regulation Strategies

- The Floating Technique for panic anxiety
- Exposure and Response Prevention (ERP) for OCD
- Mindfulness for worry
- Solution Focused Intervention for worry
- Group Therapy guidelines for social anxiety
- Visualization Desensitization for separation anxiety
- Three Question Technique for parents struggling with child separation anxiety
- Three Step Technique for managing children’s stress
- Yoga games and breathing techniques for relaxation training
- LifeSkills Program for generalized anxiety
- Virtual Reality approach for phobias
- Baby Buddhas meditations for anxious preschoolers

# Objectives

1. Apply the “Three Ingredients” framework for understanding how, why and when anxiety occurs in children.
2. Draw from 10 specific stress-management strategies to target the “when” factor in child and adolescent anxiety.
3. Recommend 8 steps teachers can take to reduce anxiety in the classroom for more focused attention.
4. Implement at least one effective treatment strategy for each of the 7 key anxiety disorders to modify sources of stress.
5. Designate 3 steps that schools can take to create a safe, calm environment for meeting the needs of anxious students.
6. Create a therapeutic alliance with parents to improve the effectiveness of clinical treatment with anxious kids.

## BECOME CERTIFIED!



This course counts toward the educational hours required for certification as a Certified Clinical Child and Adolescent Anxiety Treatment Professional CCATP-CA).

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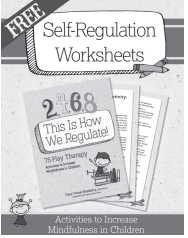
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### Target Audience:

Social Workers • Psychologists • Counselors • Teachers • School Administrators • Occupational Therapists  
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# Anxiety Disorders in Children & Adolescents


## Recognizing & Treating the Emerging Epidemic

Featuring National Presenter and Author,  
**Christina Reese, Ph.D.**

**CHEYENNE, WY**  
Wednesday, November 6, 2019

**DENVER, CO**  
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# Anxiety Disorders in Children & Adolescents

## Recognizing & Treating the Emerging Epidemic

Featuring National Presenter and Author,  
**Christina Reese, Ph.D.**

- Practical techniques you can use with your client or student immediately
- Effective treatment strategies for each of the seven key anxiety disorders
- Video examples in a clinical setting

**CHEYENNE, WY**  
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Details Inside



# Anxiety Disorders in Children & Adolescents

The increasing rate of stress and trauma to children, which includes divorce, family breakdown, violence in society, the media, and a failing school system, has produced a “shell shocked” generation suffering from anxiety in many cases. The challenge for clinicians is to recognize anxiety in children and help them cope.

Dr. Christina Reese will teach you how and why anxiety develops in children and adolescents. She will present practical treatment strategies that can be applied immediately. The seven key anxiety disorders along with case examples to be addressed include:

- Separation anxiety disorder
  - Panic disorder
  - Overanxious disorder
  - Obsessive-compulsive disorder
- Social anxiety disorder
  - Phobias
  - Post-traumatic stress disorder

Other co-occurring disorders (e.g. behavior problems, medical conditions, depression, ADHD, learning disabilities, selective mutism) will also be discussed. Emphasis will be on creative interventions involving insight-oriented, cognitive-behavioral, biological, mindfulness, expressive arts and family systems approaches.

## Speaker

**Christina Reese, Ph.D.,** is a Licensed Clinical Professional Counselor in Maryland and Pennsylvania. She has been working with children and families for over 15 years and has partnered with schools in Baltimore County and Baltimore City to help teachers find interventions that work in the classroom.

Dr. Reese has worked with children in schools, court-ordered drug treatment programs, residential treatment centers, and in the community. She has worked with gang members and at-risk youth, providing in-home and in-school therapy to children. Dr. Reese has also worked on attachment issues with adoptive families and with children in foster care.

She is a former director of a mental health clinic and served for eight years as the case manager of the Howard County Cold Weather Shelter, working with homeless individuals and families. Dr. Reese earned her Master’s Degree in Community Counseling from McDaniel College in Westminster, MD and her Ph.D. in Counselor Education from George Washington University in Washington, D.C. Dr. Reese’s research “A Qualitative Study of Gang Desistance in Former Gang Members” explored the thoughts and feelings of former gang members to better understand their thought process in deciding to leave their gangs.

Speaker Disclosures:  
Financial: Christina Reese has an employment relationship with Mosaic Community Services. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Christina Reese has no relevant non-financial relationship to disclose.

### Live Seminar Schedule

- 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.  
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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



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**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” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS:  
RECOGNIZING AND TREATING THE EMERGING EPIDEMIC

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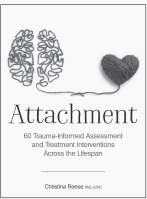
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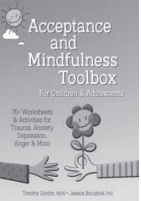


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