

# 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!

**ICATP** This course counts toward the educational hours required 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.



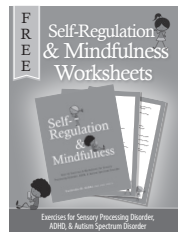
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# Anxiety Disorders in Children & Adolescents

## Recognizing & Treating the Emerging Epidemic

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

**PORTLAND, ME**  
Wednesday, January 15, 2020

**MANCHESTER, NH**  
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**SOUTH BURLINGTON, VT**  
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# Anxiety Disorders in Children & Adolescents

## Recognizing & Treating the Emerging Epidemic

Featuring National Presenter and Author,  
**Christina Reese, LCPC, 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

**PORTLAND, ME**  
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Details Inside



# Anxiety Disorders in Children & Adolescents

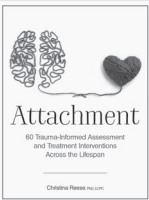
The increasing rate of stress and trauma to children, which includes divorce, family breakdown, violence in society, the media, and a failing school system, has produced a “shell shocked” generation suffering from anxiety in many cases. The challenge for clinicians is to recognize anxiety in children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

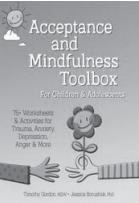
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By Christina May Reese, LCPC, PHD **Seminar Speaker!**

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions**. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.



**Acceptance and Mindfulness Toolbox**  
*75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More*

By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D.

The *Acceptance and Mindfulness Toolbox for Children & Adolescents* gives you the resources to help the children and adolescents better manage their behaviors and emotions. After years of clinical experience using these practical, evidence-based tools with young clients, the authors have put together **over 75 worksheets, activities, exercises, and scripts** to engage kids and keep therapy moving forward.

**Seminar on CD or DVD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal.

**Have a seminar idea? A manuscript to publish?**  
The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson-Graf at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call 715-855-8199.

## Speaker

**Christina Reese, LCPC, Ph.D.,** has been working with children impacted by trauma for over 15 years, and has recently completed training as a TBRI Practitioner. She helps children and their families impacted by a variety of traumas, providing both in-home and in-school therapy to these children. Over this time, Dr. Reese has partnered with schools in Baltimore County and Baltimore City to help teachers find interventions that get results in the classroom. A passionate advocate for children and their families, she has worked with children in court-ordered drug treatment at the Anne Arundel County Circuit Court, as well as in residential treatment centers and in the community. Dr. Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime. Her book, *Attachment: 60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan*, released in October 2018, offers trauma-informed strategies to facilitate connection, rebuild trust and restore positive emotions.

Dr. Reese is a licensed clinical professional counselor in Maryland and Pennsylvania as well as a licensed clinical supervisor. She received 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. Past work experiences include being director of a mental health clinic and the case manager of the Howard county Cold Weather Shelter, working with homeless individuals and families. Additionally, Dr. Reese is very passionate about her work focusing on attachment and has extensive experience with adoptive families and with children in foster care.


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.  
A more detailed schedule is available upon request.

**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. *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 reciprocity 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.*

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**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

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**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 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.

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**NEW YORK PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

**VERMONT PSYCHOLOGISTS:** This activity is approved by the Board of Psychological Examiners for 6.25 continuing education credits.



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**PESI, Inc.** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**SOCIAL WORKERS:** 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, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice 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.

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