

# 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


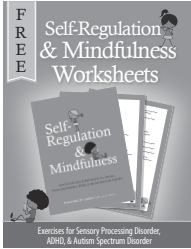
Cognitive-behavioral  
Biological  
Mindfulness  
Expressive Arts  
Family Systems Approaches

## 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

FREE Worksheets

Self-Regulation & Mindfulness



www.pesi.com/selfregws

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

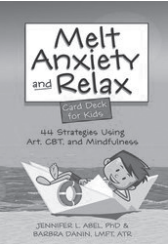
CE credits included!

www.pesi.com/inhouse

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO 32729

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

### \*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



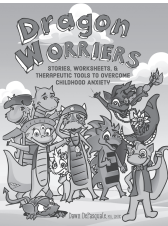
### Melt Anxiety and Relax Card Deck for Kids

44 Strategies Using Art, CBT and Mindfulness

By Jennifer L. Abel, Ph.D. & Barbra Danin, LMFT

The Melt Anxiety & Relax Card Deck for Kids provides 44 fun, easy, and effective practices to help anxious and worried young minds. Using the best strategies from CBT, Mindfulness and Art Therapy, kids can learn how to regulate their thoughts and emotions, and find ways to express themselves in a healthy way. Best for ages 4-12.

BONUS! 12 tips and strategies for caregivers to help relieve anxiety and worry.



### Dragon Worriers

Stories, Worksheets & Therapeutic Tools to Overcome Childhood Anxiety

By Dawn Depasquale, MA, LMHC

With heart-warming stories featuring delightfully illustrated dragons, this workbook leads children and the people who love them through even the most trying anxiety episodes. As each dragon’s anxiety story is told, children are guided through solutions and strategies for the dragon, which helps their skills for dealing with their own anxiety.

### Target Audience:


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

### 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 Graf** at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call **715-855-8199**.

Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

  
www.pesi.com

DAYTON, OH  
Wednesday, February 19, 2020

CINCINNATI, OH  
Thursday, February 20, 2020

LOUISVILLE, KY  
Friday, February 21, 2020

REGISTER NOW  
www.pesi.com/express/77063

Anxiety Disorders in Children & Adolescents


Recognizing & Treating the Emerging Epidemic

- 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

DAYTON, OH  
Wednesday, February 19, 2020


CINCINNATI, OH  
Thursday, February 20, 2020

LOUISVILLE, KY  
Friday, February 21, 2020

  
www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW: [www.pesi.com/express/77063](http://www.pesi.com/express/77063)

  
Become CCATP-CA Certified!  
Details Inside



# Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

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

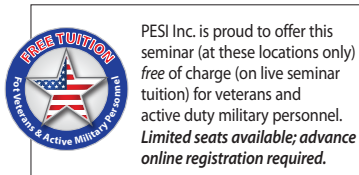
Dr. Steve O’Brien will teach you how and why anxiety develops in children and adolescents. He will present practical treatment strategies that can be applied immediately. The seven key anxiety disorders along with case examples to be addressed include:

- Separation anxiety disorder
- Panic disorder
- Overanxious
- 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.

## 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.



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. **Limited seats available; advance online registration required.**

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](mailto:info@pesi.com)

## Speaker

**DR. STEVE O'BRIEN** is a clinical psychologist with over 20 years of experience treating children with a variety of anxiety disorders, including Separation Anxiety, Generalized Anxiety and Obsessive-Compulsive Disorder. He specializes in treating children with co-occurring disorders, especially those who struggle with both anxiety and ADHD or autism. Dr. O'Brien utilizes an eclectic approach 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 Psy.D. at Nova Southeastern University and received specialized training in applied developmental psychology. Dr. O'Brien incorporates pediatric and child psychiatric consultation into his therapeutic work. He served as associate professor at the Florida School of Professional Psychology at Argosy University from 2000 to 2016. While at the university, Dr. O'Brien developed a unique doctoral level course, 'Parent Consultation,' designed for graduate students specializing in child/family therapy. In 2015, he developed Life@Home, an innovative clinical tool/app for obtaining a child's perception of family life. Dr. O'Brien also serves as a media consultant for Bay News 9, Tampa Bay's 24-hour news source.

### Speaker Disclosures:

Financial: Steve O'Brien is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Steve O'Brien is a member of the American Psychological Association; and the Florida Psychological Association.



**BECOME CERTIFIED!**

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.

### LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

**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.

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 profession's 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 6.25 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.

**Indiana Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Kentucky Counselors:** The Kentucky Board of Licensed Professional Counselors granted approval for this program on 10/15/2019 for 7.5 hours of general continuing education credit for LPCAs and LPCCs per 201 KAR36.030 section 2(1).

**Ohio Counselors:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

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

**Indiana Educators:** 6.0 Professional Growth Points are available for full attendance at this seminar per the Indiana Department of Education standards.

**Kentucky Educators:** This activity has been reviewed by the Kentucky Department of Education. This activity will qualify for 6.0 contact hours. EILA# 20 EIL 1491.

**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.

**Kentucky Marriage & Family Therapists:** This course has been approved by the Kentucky Board of Licensure of Marriage & Family Therapists on 10/17/2019 for 7.5 hours of continuing education.

**Ohio Marriage & Family Therapists:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 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.

**Indiana Psychologists:** PESI, Inc. is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents. Full attendance at this course qualifies for 6.25 contact hours.

**Kentucky Psychologists:** PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

**Ohio Psychologists:** PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content. PESI is offering this activity for 6.25 standard 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 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**APPROVED PROVIDER**  
  
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

**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.

**Ohio Social Workers:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

**Other Professions:** This activity qualifies for 380 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.



**SCAN HERE**  
FOR A SPECIAL OFFER ON  
**BOOKS & CARD DECKS**

## REGISTRATION FORM

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

**SAVE TIME! Express Register Online: [pesi.com/express/77063](http://pesi.com/express/77063)**

**1**

Please complete entire form if sending by mail

©2019

*please print legibly*

**Mail Code:** \_\_\_\_\_ See mail code box on reverse side above your name & address

\*Email address \_\_\_\_\_  
\*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_ ☐ Home ☐ Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_  
\*Required for event updates

**2**

Select Location

(make copy for your records)

☐ **DAYTON, OH • February 19, 2020** (77063DAY)  
Crowne Plaza Dayton Hotel  
33 E 5th St • 45402 • (937) 224-0800

☐ **CINCINNATI, OH • February 20, 2020** (77063CIN)  
Hilton Cincinnati Netherland Plaza  
35 W 5th St • 45202 • (513) 421-9100

☐ **LOUISVILLE, KY • February 21, 2020** (77063LOU)  
Crowne Plaza Louisville Airport  
830 Phillips Lane • 40209 • (502) 367-2251

**3**

Select Tuition

**TUITION** including seminar manual  
**\$219.99** – choose one of the options below:  
☐ per person for 2 or more preregistering together —OR—  
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

**ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar**

☐ **\$17.99\* Melt Anxiety and Relax Card Deck for Kids** book (PUB086025)

☐ **\$24.99\* Dragon Warriors** book (PUB085930)

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

**4**

Select Payment Method

**All registrations must be prepaid.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC ☐ VISA ☐ AE ☐ Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

**CAN'T ATTEND THE SEMINAR?**

**Anxiety Disorders in Children & Adolescents: Recognizing and Treating the Emerging Epidemic**

— **Online Digital Seminar\***  
\$219.99 (P0S060100) (Email required)

— **Seminar on DVD\*\***  
\$219.99 (RVN060100)

Product total \_\_\_\_\_

\*Shipping - \$6.95 (DVD only) \_\_\_\_\_

**Subtotal** \_\_\_\_\_

\*\*Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_

\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IL, IN, IA, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.  
\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.