

Outline

Nature and Causes of Anxiety

How, when and why anxiety develops in children
The anxiety temperament (biological sensitivity)
The “anxiety personality” – assets and liabilities
The role of stress in anxiety

How Anxiety Manifests in the Classroom

Perfectionism
Worry
Task avoidance
Restlessness and hyperactivity
Attention deficits
School avoidance
Social isolation
Depression and withdrawal
Fatigue and low energy
Low motivation
Disorganization and poor time management
Academic inconsistency or decline
Learning disabilities
Behavior problems

Seven Key Anxiety Disorders:

Symptoms and Case Examples

Separation anxiety disorder
Panic disorder
Generalized anxiety disorder
Obsessive-compulsive disorder
Social anxiety disorder (including selective mutism)
Phobias
Post-traumatic stress disorder

Classroom Interventions

Assessing stress level in students
3-S approach to stress management (signs, sources and skillful solutions)
Focusing the mind for learning
Classroom friendly calming and relaxation activities
Encouraging “flow”
Mindfulness strategies
Relationship building with anxious students
Tips for reducing test anxiety
Creating calm in the classroom
3 questions: intervention for anxious parents
“Responsive Classroom”: applications and research findings
Risk management with high-conflict divorce families
Managing technology use in and out of school
Best approach to bullying
Anxiety curriculums for schools (friends for life, lifeskills)
Special considerations for preschoolers
Behavioral health recommendations
How to be a role model for low stress and anxiety



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.**

Objectives

1. Design effective strategies to decrease the stress response in kids with learning disabilities to improve information processing, listening skills, and comprehension.
2. Summarize the different ways anxiety manifests in the classroom (worry, social isolation, attention deficits, etc.) and determine the appropriate strategy for reducing symptoms.
3. Implement a three-step skill building model for stress management among young clients.
4. Utilize classroom friendly calming and relaxation activities to keep students engaged.
5. Determine the signs of normal anxiety vs anxiety disorders to enhance teaching effectiveness.
6. Evaluate the impact deep breathing exercises have on anxiety to enable task completion in the classroom.

Target Audience:

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

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.



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Anxiety in the Classroom

Featuring

Janine E. Oliver, LCSW, MSW

KNOXVILLE, TN
Wednesday, February 12, 2020

CHATTANOOGA, TN
Thursday, February 13, 2020

BRENTWOOD, TN
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Anxiety in the Classroom

Featuring

Janine E. Oliver, LCSW, MSW

• Practical techniques you can use with your students immediately

• Effective treatment strategies for each of the seven key anxiety disorders

• Video examples in a school setting

KNOXVILLE, TN
Wednesday, February 12, 2020

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Details Inside

Anxiety in the Classroom

The increasing rate of stress and trauma to children, which includes divorce, global terrorism and violence, extensive technology use, media overload, bullying and diversity issues, has produced a “shell shocked” generation of students struggling to manage their anxiety. The challenge for those working in schools is to recognize the increasing anxiety level in students and help them cope.

Janine E. Oliver, LCSW, MSW, CH, will teach you how, why and when anxiety develops in young people. The various manifestations for anxiety will be described, so that anxious students can be recognized and supported. Janine will help you distinguish between normal anxiety and anxiety disorders, and give you a principle for making this distinction in school settings. Most importantly, you will learn practical strategies that can be applied immediately in the classroom setting and schools to reduce anxiety, enhance teaching effectiveness, and promote maximum learning.

What other professionals are saying.....

Janine Oliver gave a fantastic presentation! She really knows the material and knows how to deliver it in a manner that is engaging. Janice R., Teacher

Presenter was amazing, provided great examples and hands on ideas. Andrea H., Social Worker

Excellent presentation! I started working with teenagers this year, and this seminar will improve the way I practice. Great videos! Can't wait to use them. Kristine E., Counselor

Awesome content, information and delivery! Very applicable to working in a middle school with all boys! Judy C., Learning Specialist

This was a good mix of personal experience and observations along with research findings. Fay H., Teacher

*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, PHD

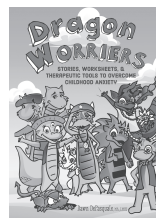
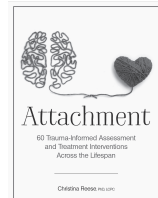
Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, 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.

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.



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 mggraf@pesi.com or call 715-855-8199.

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 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.

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.

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

Speaker

Janine E. Oliver, LCSW, MSW, is a licensed clinical social worker, certified hypnotherapist and psychology professor. Janine has over 15 years of experience working with children with anxiety in outpatient and therapeutic foster care settings. She has worked with children in foster care, as well as their foster families, to implement self-regulation and mindfulness interventions with an at-risk population that have suffered abuse, neglect and trauma. In the outpatient setting, Janine has implemented breathing techniques such as deep belly breathing, progressive relaxation, meditation, emotional freedom technique (also known as the tapping technique, or EFT) as well as hypnosis; aimed at calming the sympathetic nervous system response in children to treat anxiety. In addition to serving as a psychology professor since 2010, Janine has trained therapeutic foster parents in a therapeutic foster care agency to be eligible for licensure, and ultimately become and maintain their licensure status as therapeutic foster parents. Presently, Janine is a psychotherapist working at a dynamic outpatient agency, adjunct psychology professor, and part-time yoga / meditation instructor. Additionally, Janine is a doctoral candidate currently researching the cognitive and instruction focus areas in the field of psychology.

Speaker Disclosures:

Financial: Janine Oliver has an employment relationship with Psychology and Counseling Associations, PC. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janine Oliver has no relevant non-financial relationships to disclose.



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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.

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 cespi@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.

Georgia Counselors: 6.25 Core hours of continuing education have been approved by the Licensed Professional Counselors Association of Georgia, (LPCA CE Approval #9494-0220M). Full attendance is required; no partial credits will be offered for partial attendance.

Tennessee 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.

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

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.

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 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.

Tennessee Psychologists: This course is designed to meet Type II CE of the Tennessee Board of Examiners of Psychology. The Board accepts approvals by any recognized national credentialing body. Please retain all documents to provide to your board should this be requested of you. This activity consists of 6.25 clock hours of continuing education instruction.

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

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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.

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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.

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.



APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.



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ANXIETY IN THE CLASSROOM

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

QUESTIONS

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

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