

## 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

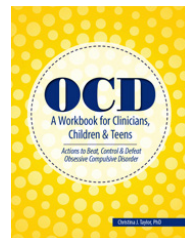
- Cognitive-behavioral
- Biological
- Mindfulness
- Expressive Arts
- Family Systems Approaches

### 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



\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

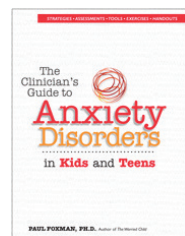


### OCD

*A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder*

By Christina J. Taylor, PhD

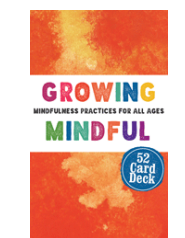
A user-friendly, creative and interactive book to help children and teens take control of OCD. With specific chapters for each type of OCD, children and teens will learn cognitive behavioral strategies to overcome their obsessions and compulsions.



### The Clinician's Guide to Anxiety Disorders in Kids & Teens

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.



### Growing Mindful Card Deck Mindfulness Practices for All Ages

By Mitch R Abblett, PhD & Christopher Willard, PsyD

Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the *Growing Mindful* card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!



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# Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

**SPOKANE, WA**  
Tuesday, August 8, 2017

**KENNEWICK, WA**  
Wednesday, August 9, 2017

**TACOMA, WA**  
Thursday, August 10, 2017

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# 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

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# Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

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. The challenge for clinicians is to recognize anxiety in children and help them cope.

Dr. Christine Dargon 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
- Social anxiety disorder
- Panic disorder
- Phobias
- Overanxious
- Post-traumatic stress disorder
- Obsessive-compulsive 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. Demonstrate how to apply the "Three Ingredients" template for understanding how, why and when anxiety develops in children.
2. Describe how to recognize and modify the sources of stress in children and adolescents.
3. Explain the anxiety management skills to use with young clients.
4. Identify effective treatment strategies for each of the seven key anxiety disorders.
5. Identify steps that schools can take to reduce student anxiety.
6. Demonstrate how to apply self-regulation skills and strategies to children.

### 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

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

**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.

### Target Audience:

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

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

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## Speaker

**CHRISTINE DARGON, Ph.D.**, is a licensed psychologist with over 20 years of experience. She has been working with children and families for years in such areas as abuse, divorce and custody disputes, children of alcoholic/drug addicted parents and adopted children. She also specializes in the treatment of eating disorders, anxiety disorders, mood disorders and marriage counseling. Dr Dargon began specializing in treating individuals of all ages with anxiety while interning in New York where she worked both with individuals and with groups. She is currently in private practice in Northern Arizona where she offers a wide range of psychological services including play therapy, counseling for individuals of all ages, couples counseling and family therapy.

Dr. Dargon has also been teaching on the undergraduate and graduate levels for over 15 years specializing in Child Development and Counseling. She is currently on faculty at Grand Canyon University serving students in the Masters' of Counseling Psychology Program and Ashford University teaching undergraduate courses. Dr. Dargon received her Doctorate of Counseling Psychology from Seton Hall University with a specialization in Marriage and Family Therapy, her Masters' of Science in Education in Counseling and Personnel Services from Fordham University with a focus in School Counseling and her Bachelors' in Psychology and Sociology from The University of Connecticut. She is a member of the Association for Play Therapy.

Speaker Disclosures:

Financial: Christine Dargon maintains a private practice. She is on faculty at Grand Canyon University and Ashford University. She receives a speaking honorarium from PESI, Inc.

Non-financial: Christine Dargon has no relevant non-financial relationship to disclose.

### 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. Order today by using the order form on this brochure or by calling 800-844-8260.

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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 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.

**IDAHO COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Idaho Licensing Board of Professional Counselors and Marriage and Family Therapists recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**OREGON COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Oregon Board of Licensed Professional Counselors and Therapists recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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

**WASHINGTON EDUCATORS & ADMINISTRATORS:** A request for Clock Hours has been submitted to Puget Sound ESD for the seminar on in. Those seeking Clock Hours must follow sign-in requirements and provide an additional payment of \$12.00 made payable to Puget Sound ESD along with a completed Clock Hour Participant Form (provided at the seminar).

**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.

**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.

**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 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 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 6.25 (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.

**WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** This training has been approved for 6.25 CE's for Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers. WMHCA Provider #1504.

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

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### Tuition Options:

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- \$24.99\*** The Clinician's Guide to Anxiety Disorders in Kids & Teens book
- \$16.99\*** Growing Mindful card deck

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