

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

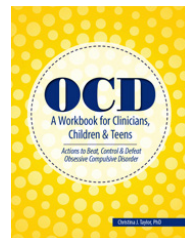
- Cognitive-behavioral
- Biological
- Mindfulness
- Expressive Arts
- Family Systems Approaches

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!

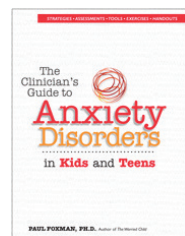


OCD

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

By Christina J. Taylor, PhD

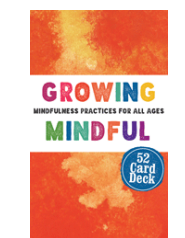
A user-friendly, creative and interactive book to help children and teens take control of OCD. With specific chapters for each type of OCD, children and teens will learn cognitive behavioral strategies to overcome their obsessions and compulsions.



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

By 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!

**FREE
- CE -
ONLINE COURSE**

Shame Shields

BRENÉ BROWN, Ph.D.
1 CE HOUR

HURRY OFFER EXPIRES
March 15, 2018

www.pesi.com/brown-shame

Bring any training
topic in-house!



Convenient • Cost-Effective • Customizable

www.pesi.com/inhouse

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

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

Anxiety Disorders in Children & Adolescents

Recognizing & Treating the Emerging Epidemic

SAN ANTONIO, TX
Wednesday, April 18, 2018

AUSTIN, TX
Thursday, April 19, 2018

HOUSTON, TX
Friday, April 20, 2018

PESI®
www.pesi.com

REGISTER NOW
www.pesi.com/express/61660

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

SAN ANTONIO, TX
Wednesday, April 18, 2018

AUSTIN, TX
Thursday, April 19, 2018

HOUSTON, TX
Friday, April 20, 2018

PESI®
www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW: www.pesi.com/express/61660

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. Janine Oliver 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
- 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. Design effective strategies to decrease the stress response in kids with learning disabilities to improve information processing, listening skills, and comprehension.
2. Implement calming techniques to reduce overall anxiety, such as mindfulness and yoga, to reduce fight or flight response and simultaneously engage the relaxation response.
3. Evaluate the impact deep breathing exercises have on anxiety to enable task completion in children with ADHD.
4. Utilize specific anxiety techniques to minimize the ruminative nature of obsessive thoughts that often precede dysfunctional compulsive behaviors.
5. Teach clients to engage the parasympathetic nervous system to create new neuro pathways to reduce hyper arousal and decrease maladaptive behaviors.
6. Implement clinical strategies to decrease symptoms of pervasive separation anxiety in children and adolescents

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, find your event, and click on the seminar title.

Target Audience:

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 or call **715-855-8199**.

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



Group training made easy!

Professional content, expert presenters, CE credit, training materials and more. www.pesi.com/inhouse



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. **Advance registration by phone required.**

Speaker

JANINE E. OLIVER, LCSW, MSW, CH, PHD (ABD), 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.

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 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.

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.

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 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 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.

TEXAS COUNSELORS: PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Professional Counselors. Provider #: 2477. This course qualifies for 6.0 continuing education credits.

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

TEXAS EDUCATORS: PESI, Inc., has been approved as a CPE Provider #500-981 for Texas Educators by the Texas State Board for Educator Certification (SBED). This course qualifies for 6.0 CPE clock hours.

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.

TEXAS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Marriage and Family Therapists. Provider #: 503. This course qualifies for 6.0 continuing education credits.

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.

APPROVED PROVIDER

ASHA
CONTINUING
EDUCATION

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. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB). 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.

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.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com

How to Register:

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

ONLINE

www.pesi.com/express/61660

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

SAN ANTONIO, TX
April 18, 2018 [61660SAN]
Hilton San Antonio Airport Hotel
611 NW Loop 410 • 78216
(210) 340-6060

AUSTIN, TX
April 19, 2018 [61660AUS]
Omni Austin Hotel Southpark
4140 Governor's Row • 78744
(512) 448-2222

HOUSTON, TX
April 20, 2018 [61660HOU]
Sheraton North Houston Hotel
15700 JFK Blvd • 77032
(281) 442-5100

REGISTER NOW
www.pesi.com/express/61660

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

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

- **FREE MILITARY TUITION:** 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. **Advance registration by phone required.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coard for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **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 or call 800-844-8260 for details. **Advance registration required. Cannot be combined with other discounts.**

FOR OFFICE USE ONLY MG
Fed ID # 26-3896894
© 2017 PESI, Inc.

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

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

___ Seminar on DVD* (video) \$199.99 (RNV060100)

___ Seminar on CD* (audio) \$169.99 (RNA060100)

___ **OCD workbook*** \$26.99 (PUB084170)

___ **The Clinician's Guide to Anxiety Disorders in Kids & Teens book*** \$24.99 (PUB084640)

___ **Growing Mindful Card Deck*** \$16.99 (PUB084070)

*Shipping is \$6.95 first item + \$2.00 each add'l item.	Product total \$ _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	*Shipping _____
	Subtotal _____
	**Tax _____
	TOTAL _____