

WORRIES AND WOES

Dealing with Anxiety Disorders in School Age Children

EDMONTON, AB | MONDAY, MAY 9, 2016 | 9:00 AM – 4:00 PM

Executive Royal Hotel West Edmonton | 10010 178th Street NW

ANXIETY DISORDERS ARE THE MOST COMMON FORM OF PSYCHOLOGICAL DISTRESS REPORTED

by children and adolescents, and can interfere significantly in the lives of children. An anxiety disorder is a level of anxiety or worry that interferes with daily functioning, either with peer relationships, academic performance, or in family routines. Interference can range from reluctance to go to school, to withdrawing from sports and extra curricular activities, to being completely home bound. Youth with anxiety disorders are shy, inhibited, and avoidant; helping personnel are typically very good at identifying anxiety in children but may not use the most effective interventions to support children and youth. Anxiety disorders are highly responsive to psychological intervention, allowing children and youth to learn skills to manage their lives. Unfortunately, the most effective therapeutic intervention skills are not used or taught, leading to more distress. The stresses in children's lives continue to mount, including bullying, excessive homework, premature sexuality, family financial stress, and competition of all sorts, leading to more anxiety.

The workshop provides the most current, evidence informed model for how anxiety develops in children and adolescents, and how therapists, health care providers and education professionals can engage kids and families in learning to manage

anxiety. Practical diagnostic and treatment strategies can be applied immediately, using DSM-5 classification of anxiety. Emphasis will be placed on diagnosis and effective interventions for each anxiety disorder subtype. The following anxiety disorders will be addressed from a developmental approach: separation anxiety disorder (with school refusal), panic disorder with agoraphobia, generalized anxiety disorder (with perfectionism), obsessive-compulsive disorders including trichotillomania (hair pulling) and excoriation (skin picking), social anxiety disorder (including selective mutism), specific phobias, and post-traumatic

“Dr. Miller was engaging, highly knowledgeable, and professional. This workshop will enable me to better support my students and the parents I work with. Dr. Miller's passion has inspired me to go ahead and pursue graduate studies in psychology.”

– Ivy Waite, from Calgary

stress disorders. Participants will have opportunities to present their own cases for feedback and treatment suggestions.

Participants will learn the fundamentals of CBT in fun and effective ways, leaving with practical skills to use with children, teens and families. Learn how to discriminate anxiety disorders from other mental health problems, and apply useful tools and techniques in a variety of settings. A workshop packet will include handouts for clients,

parents and teachers, recommended further reading, internet resources and reminders of all therapeutic techniques demonstrated in the workshop.

Learning activities will consist of lecture, PowerPoint presentation, demonstrations, video clips, experiential exercises, and discussion. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

MORNING

Nature and Causes of Anxiety

- » Introduction to workshop and handouts
- » How anxiety develops in children and teens: Aetiology
- » Treatment: Cognitive-behavioral therapy (CBT) and its application to anxiety
- » Assessment
- » Medications and Research

AFTERNOON

Anxiety Disorder (AD) Subtypes and CBT-Relevant Skill

- » AD: Specific Phobia
- » AD: Separation / School Refusal
- » AD: Obsessive Compulsive Disorder
- » AD: Social Phobia
- » AD: Panic Disorder
- » AD: Generalized Anxiety Disorder
- » AD: Post-Traumatic Stress Disorder
- » Differential Diagnosis and Engaging Parents
- » Summary and Q & A



LYNN MILLER, PH.D.

Lynn Miller, Ph. D., Licensed Psychologist (Colorado), Certified Cognitive Behaviour Therapist, and is an Associate Professor Emeritus in the Education and Counseling Psychology and Special Education department at the University of British Columbia. She started her career as a classroom teacher, and then worked as a school counselor K-12. She has over 30 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools, and private practice. Her research team modified the evidence-based anxiety prevention curriculum (FRIENDS program). This modified protocol is now in use across Canada, and endorsed by the World Health Organization. She completed her term as President of the Anxiety Disorders Assoc. of Canada. Dr. Miller is known for her knowledge and clarity, sense of humor, compassion, and engaging speaking style.



ASSOCIATE PROFESSOR EMERITUS
Education and Counseling
Psychology and Special
Education Department

LEARNING OBJECTIVES

- » Learn fundamentals of cognitive behavioural interventions (CBT) and how to use immediately with children and youth
- » Understand how to support children and youth with various anxiety concerns in several environments including home, school and community
- » Learn techniques that are useful to implement immediately with an individual, small group, or large groups of children/youth
- » Become aware of resources in the community

WORKSHOP BY ROSS W. GREENE, PH.D.

THE EXPLOSIVE CHILD

Understanding and Helping Behaviourally Challenging Kids

LETHBRIDGE, AB | MAY 4, 2016

For more info: JACKHIROSE.COM



EARLY BIRD DISCOUNT - SAVE \$20! - Register by April 25, 2016

REGISTRATION FORM

Lynn Miller, Ph.D. | Edmonton, Alberta | May 9, 2016

► STEP 1 – CONTACT INFO

Name		
Position	School / Organization	
Address		
City	Province	Postal Code
Work Phone []	Work Fax []	
Email		
☐ No, I do not want to stay informed of upcoming events, exclusive offers and receive the quarterly eNewsletter.		

► STEP 2 – SELECT APPLICABLE FEE

Worries & Woes - Lynn Miller | Edmonton, AB | May 9, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 25, 2016)	☐ \$229 + 5% GST	\$219 + 5% GST	\$209 + 5% GST	\$179 + 5% GST
Regular	☐ \$249 + 5% GST	\$239 + 5% GST	\$229 + 5% GST	\$199 + 5% GST

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. **Lunches are not included.**

GROUP REGISTRATION

Groups do not have to work in the same school or agency. Group registration must be completed online at: www.registration.jackhirose.com.

► STEP 3 – PAYMENT

☐ Visa	Credit Card #	Expiry	/
☐ MasterCard	Cardholder Name		
☐ Cheque	Signature	Cheque #	

4 WAYS TO REGISTER

 ONLINE registration.jackhirose.com	 EMAIL registration@jackhirose.com
 PHONE or FAX See numbers on side.	 MAIL See address on side.

3 WAYS TO SAVE

- \$10 OFF** ONLINE PROMO CODE: SAVE10AB
www.registration.jackhirose.com
- \$20 OFF** EARLY BIRD DISCOUNT
April 25, 2016
- UP TO \$50 OFF** GROUP DISCOUNTS (online only)
See Step 2 for savings & fees.

WORKSHOP FEE DISCOUNTS

GROUP DISCOUNTS	1 Day Workshop	2 Day Workshop
3-7 Registrants	\$10 off / person	\$15 off / person
8+ Registrants	\$20 off / person	\$30 off / person
15+ Registrants	\$50 off / person	-

All groups must register online to receive the group discount. Register your group at: registration.jackhirose.com

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations. Enter promo code **SAVE10AB** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS

To receive the early bird rate, all workshop fees must be paid in full prior to the specified cut-off date. Registration forms submitted without payment will not be processed, and will not guarantee the early-bird rate.

WORKSHOP AIDE DISCOUNTS

Save \$115 on a one-day workshop, \$190 on a two-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop.

To apply for the workshop aides program, please email registration@jackhirose.com

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC).

The number of course credits will vary for each event. See the event listing for specific workshop accreditation.

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

EDMONTON

EXECUTIVE ROYAL HOTEL WEST EDMONTON
10010 178th Street NW | 1-888-388-3932

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only.

Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY

All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop will not be grounds for any or partial refund / credit under any circumstances. **Refunds will be available minus a \$40 administration fee** for cancellations made five business days or more prior to the event. **No refund or credit under any circumstances will be available for cancellations less than five full business days prior to the event.** Exceptions to this will not be granted. If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

CERTIFICATES

Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at certificates.jackhirose.com. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS

Automatically sent by email when participants register and pay online. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM

PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:



Jack Hirose & Associates Inc.
208-197 Forester Street
North Vancouver, BC, Canada
V7H 0A6
T 604 924 0296
F 604 924 0239
TF 1 800 456 5424
E registration@jackhirose.com