

ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

Recognizing and Treating the Emerging Epidemic

THUNDER BAY, ON | MONDAY, JUNE 6 & TUESDAY JUNE 7, 2016 | 9AM – 4PM

Best Western Plus NorWester Hotel | 2080 Highway 61

ANXIETY IS NOW RECOGNIZED AS THE MOST COMMON EMOTIONAL PROBLEM IN 16 OF 17 countries surveyed recently by the World Health Organization. The soaring trend towards anxiety has been accelerated by global events such as terrorism and violence, natural disasters, economic stress and other threats to security. Children today are exposed to daily stresses including excessive homework, information overload, standardized achievement tests, bullying, violent video games, and premature sexuality. Additionally, many are experiencing the trauma of destabilizing divorce, negligence and abuse. Some experts have identified a “shell shocked” generation of children suffering from anxiety in many cases. Our challenge is to recognize anxiety in children and help them cope.

The workshop presents a framework for how and why anxiety develops in children and adolescents, and provides practical diagnostic and treatment strategies that can be applied immediately by therapists, health care providers and education professionals in their various settings. The new DSM-5 classification of anxiety will be used as a field guide to a journey through the key anxiety disorders with emphasis on diagnosis and effective interventions

involving insight-oriented, cognitive-behavioural, somatic, mindfulness, play therapy, expressive arts, and family systems approaches. The following anxiety disorders will be addressed: separation anxiety disorder, panic disorder with agoraphobia, generalized anxiety disorder, obsessive-compulsive disorders including trichotillomania (hair pulling) and excoriation (skin picking), social anxiety disorder (including selective mutism), phobias, and post-traumatic stress disorders. Participants will have opportunities to present their own cases for feedback and treatment suggestions.

Attending this workshop will boost your confidence in working with young clients suffering from a continuum of anxiety manifestations, as well as their parents and others such as teachers, school nurses and education administrators. Leave with an expanded repertoire of tools and techniques. A workshop packet will include handouts for clients and written instructions for the therapeutic techniques demonstrated in the workshop.

Learning activities will consist of lecture, PowerPoint presentation, demonstrations, video clips of Dr. Foxman's work, experiential exercises, and discussion.

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, JUNE 6, 2016

Morning I: Nature and Causes of Anxiety

- » Introduction to workshop and handouts
- » The anxiety epidemic
- » How anxiety develops in children
- » 3 ingredients in all anxiety disorders: biological sensitivity, personality style, stress overload
- » The “anxiety personality”—assets and liabilities

Morning II: Assessment and Interventions

- » Initial interview and anxiety assessment tools
- » 3-S approach to stress management for children
- » Relaxation and self-regulation techniques
- » Behavioural health recommendations

Afternoon I: Interventions

- » Pros and cons of medication use with children
- » Nature's remedies: alternative medicine approaches

Afternoon II: Interventions

- » Separation Anxiety Disorder
- » Panic Disorder

DAY 2 - TUESDAY, JUNE 7, 2016

Morning I: Interventions

- » Generalized Disorder
- » Obsessive-compulsive Disorders

Morning II: Interventions

- » Social Phobia and Selective Mutism
- » Specific Phobias

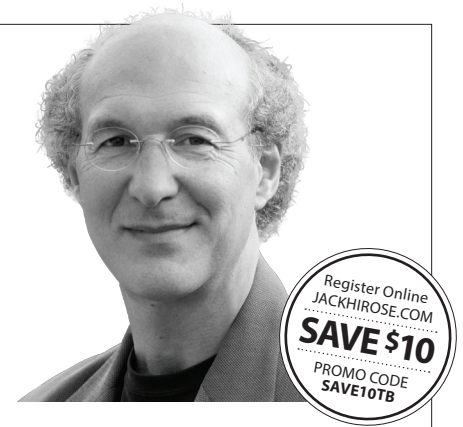
Afternoon I: Interventions

- » Post-traumatic Stress Disorders
- » Acute Stress Disorder

Afternoon II: Interventions and Wrap Up

- » Surprise research findings on therapy effectiveness
- » Therapy progress indicators
- » Summary and Final Q&A

“Dr. Foxman is an excellent speaker who gives concrete, how-to examples and detailed descriptions of the therapy process, which are practical and useful.”



PAUL FOXMAN, PH.D.

Paul Foxman, Ph.D., has led hundreds of top rated workshops throughout the U.S. and Canada, and he has appeared on television and radio as an expert on the topic of anxiety. His books include *Dancing with Fear* and *The Worried Child*. Dr. Foxman is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style. Dr. Foxman is a clinical psychologist as well as Founder and Director of the Center for Anxiety Disorders in Vermont. In 1985 Dr. Foxman co-founded the Lake Champlain Waldorf School, now flourishing from kindergarten through high school. Dr. Foxman has over 30 years of clinical experience in a variety of settings. His education includes Yale University (B.A. in Psychology), Vanderbilt University (Ph.D. in Clinical Psychology), and training at the Department of Psychiatry of Mt. Zion Hospital in San Francisco, the Kennedy Child Study Center in Nashville, and the San Francisco Psychoanalytic Institute.



AUTHOR
Dancing with Fear
The Worried Child

LEARNING OBJECTIVES

- » Understand the “Three Ingredients” framework for how anxiety develops in children
- » Recognize the role of family, schools, media, and global events in contributing to anxiety in children
- » Diagnose the DSM-5 anxiety disorders in children
- » Apply effective therapy strategies and techniques for each anxiety disorder
- » Use child interview tips and assessment tools
- » Make recommendations to parents and schools to help reduce anxiety in children
- » Describe the benefits and pitfalls of medication (and nature's remedies)

REGISTRATION FORM

Paul Foxman, Ph.D. | Thunder Bay, Ontario | June 6 & 7, 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

Anxiety Disorders in Children & Adolescents - Paul Foxman | Thunder Bay, ON | June 6-7, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 24, 2016)	☐ \$399 + 13% HST	\$384 + 13% HST	\$369 + 13% HST	\$349 + 13% HST
Regular	☐ \$419 + 13% HST	\$404 + 13% HST	\$389 + 13% HST	\$369 + 13% HST

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: SAVE10TB www.registration.jackhirose.com
 \$20 OFF	EARLY BIRD DISCOUNT May 24, 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	\$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 **SAVE10TB** 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.

THUNDER BAY

BEST WESTERN PLUS NOR'WESTER
2080 Highway 61 | 807-473-9123

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:



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