

WORRIES & WOES

Working with Anxiety Disorders in Children and Adolescents

VICTORIA, BC | MONDAY, OCTOBER 17 & TUESDAY, OCTOBER 18, 2016 | 9:00 AM – 4:00 PM
Sandman Hotel Victoria | 2852 Douglas Street

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, violent gaming, 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 classifications 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 severe mutism), specific phobias, and post-traumatic 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 readings, internet resources and reminders of all therapeutic techniques demonstrated in the workshop. 📄

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, OCTOBER 17, 2016

Nature and Causes of Anxiety

- » Introduction to workshop and handouts
- » The Silent Epidemic: Anxiety Disorders (subtypes)
- » How anxiety develops in children and teens: aetiology
- » Treatment: Cognitive-behavioral therapy (CBT) and its application to anxiety
- » Initial interview: Tips for success
- » Sleep issues

Anxiety Disorder (AD) Subtypes and Skill Building

- » AD: Specific Phobia
- » AD: Separation/School refusal
- » Skill development: Developing fear hierarchies
- » AD: Obsessive Compulsive Disorder
- » Skill development: Exposure and Response Prevention (ERP)

DAY 2 - TUESDAY, OCTOBER 18, 2016

Anxiety Disorder (AD) Subtypes and Skill Building

- » AD: Social Phobia
- » Skill: Social phobia interventions and treatment planning
- » AD: Panic Disorder and Interoceptive exposure
- » AD: Generalized Anxiety Disorder
- » Skill: PD / GAD: Tx Planning

Anxiety Disorder (AD) Subtypes, Assessment and Medication

- » AD: Post-Traumatic Stress Disorder
- » Skill: PTSD Tx Strategies: In-vivo, virtual and prolonged exposure
- » Differential diagnosis
- » Comorbidity: What to treat first
- » Assessment, Medications and Research
- » Engaging parents
- » Summary & Final Q & A



LYNN MILLER, PH.D., R.PSYCH.



ASSOCIATE PROFESSOR
Educational and Counselling Psychology, and Special Education Department

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.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$419	\$404	\$389	\$344

Fees do not include applicable taxes (5% GST).

EARLY BIRD DISCOUNT - SAVE \$20!

Deadline: October 3, 2016

LEARNING OBJECTIVES

- » Components 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
- » Practice 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

HOW TO REGISTER



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\$20 OFF **EARLY BIRD DISCOUNT**
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\$75 OFF **GROUP DISCOUNT**
All groups must register online.
Groups do not have to work in the
same school or agency.

GROUP: 15+
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jack hirose
& ASSOCIATES INC.
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Jack Hirose & Associates Inc.
208-197 Forester Street
North Vancouver, BC, Canada
V7H 0A6
T 604 924 0296
F 604 924 0239
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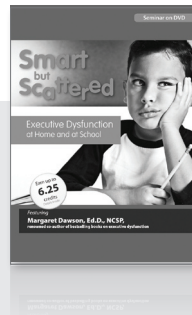
WHO SHOULD ATTEND

K-12 Classroom Teachers, School
Counsellors & Psychologists, Learning
Assistance/Resource Teachers,
School Administrators, School
Paraprofessionals including Special
Education Assistants, Classroom
Assistants and Childcare Workers

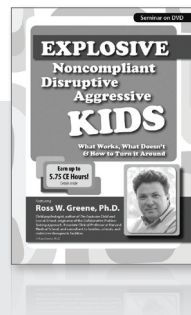
*All other professionals who
support children and adolescents
with behavioural challenges and
complex learning needs including
but not limited to:* Nurses, Social
Workers, Psychologists, Clinical
Counsellors, Family Therapists, Nurses,
Occupational Therapists, Speech
Language Pathologists, Addiction
Counsellors, Youth Workers, Mental
Health Workers, Probation Officers
and Community Police Officers.

SEMINARS ON DVD

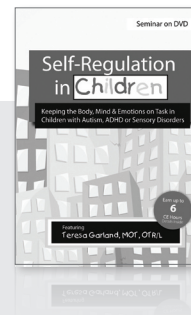
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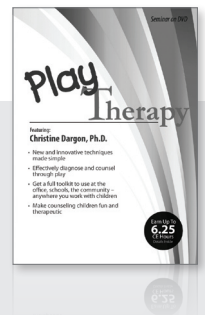
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3 DVDs | 5.5 hrs
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Ross W. Greene, Ph.D.
4 DVDs | 5.75 hrs
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Teresa Garland, MOT, OTRL
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Christine Dargon, Ph.D.
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