

MANAGING ANXIETY AT SCHOOL & HOME

An Active Approach to Interrupt the Worry Cycle

ON-DEMAND COURSE | 12 WEEK OR 6 WEEK OPTIONS

When children and teens are in the grips of worry and anxiety, adults often feel stuck as well. Educators, therapists, and parents routinely tell me how overwhelmed they feel by the frequency and intensity of anxiety in the children they care about. And they want to know what to do.

This six part series will answer the questions I hear most often, including:

- » How do we get anxious students into school?
- » What do we do when an anxious child is falling apart in school?
- » What can adults do to both prevent anxiety from becoming so powerful, and help children manage it when it does show up?
- » Why are the strategies frequently taught to kids—like breathing, relaxation, and other common CBT techniques—not working?

- » How does “frontloading” with anxious kids make interventions more effective?
- » How can we get parents, schools, and outside providers to work together more effectively?
- » How can we create more effective accommodations, 504's, and behavioral plans for anxious children and teens?
- » What is the connection between anxiety and depression?

Participants will learn to interrupt the most common anxiety and depression enhancing patterns—including reassurance, accommodation, avoidance, and three cognitive habits—and adopt instead a process-based “umbrella approach” that changes both the child and adults’ engrained patterns of thinking and behaving. 🌈

LEARNING OBJECTIVES

- » Create three interventions for anxious children that increase the amount of time spent in the classroom
- » Illustrate the benefits of a process-based intervention versus a content-based intervention
- » List three common mistakes made by school staff, parents and outside providers that strengthen anxiety
- » Explain the pros and cons of relaxation and breathing skills when intervening with an anxious child
- » Explain the potential limits of focusing on symptom elimination when working with anxious & depressed children

WORKSHOP AGENDA

12 WEEK COURSE: SESSIONS 1–6 • 6 WEEK COURSE: SESSIONS 1–3

Session 1

- » Getting Out of the Anxiety Cult
- » The Three Critical Concepts of a Process-Based Approach to Anxiety
- » Don't Do the Disorder: Common Interventions that Anxiety Loves

Session 2

- » Getting Kids to Buy In: Frontloading, Planning, and Practice
- » The Importance of Process
- » Playing the Game of Action over Avoidance: Interventions that Move Toward Worry

Session 3

- » When Worry Shows Up at School (School Refusal, Spotty Attendance, Staying in the Classroom)
- » Collaboration with School, Parents & Outside Providers
- » Effective 504 and Behavioral Plans

Session 4

- » Dealing with Somatic Symptoms
- » The Trouble with “Calming Down”

Session 5

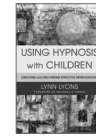
- » Putting It Together: Two Case Examples

Session 6

- » Obsessive-Compulsive Disorder
- » Anxiety & Autism



LYNN LYONS, LICSW



CO-AUTHOR
Anxious Kids, Anxious Parents

AUTHOR
Using Hypnosis with Children

Lynn Lyons, LICSW, has been a psychotherapist for over 26 years and specializes in the treatment of anxious children and their parents, with a special interest in interrupting the generational patterns of anxiety in families. She is the coauthor with Reid Wilson, Ph.D, of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She also created a self-help DVD program for parents entitled *Decreasing Anxiety: How to Talk to Your Anxious Child*. In addition to her private practice in Concord, Lynn presents internationally to professional organizations and school districts, offering workshops to mental health and medical providers, teachers, school nurses, and parents. She is known for her focus on providing concrete, usable skills and her integration of humor, homework, and clinical hypnosis.

“Lynn is amazing. She is so bright, and funny!! Her skill level and knowledge make her course so relevant; I learned so much from her in a very short period of time.” - Jan Riddell

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 students with behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

REGISTRATION FORM

Lynn Lyons Webinar

“This was super convenient and time friendly. I especially appreciated when Lynn used real life cases to illustrate her points. I also read the book before taking the course, and of course, that also made it more meaningful excellent book. I would definitely take another webinar. Thanks.” - Sylvia Trufyn

► STEP 1 – CONTACT INFO

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► STEP 2 – SELECT APPLICABLE FEE

Fees do not include tax (5% GST).

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Managing Anxiety at School & Home - Lynn Lyons					
12 Weeks (Sessions 1–6)	☐ \$399	For group rates and student discounts contact: registration@jackhirose.com			
6 Weeks (Sessions 1–3)	☐ \$199				

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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.

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