



Course: effective exposure therapy for children and adolescents: do's and don'ts

Address: <https://asadis.net/en/course/effective-exposure-therapy-children-adolescents-do-dont/>

Duration: 6h

Type of course: continuing education

Location: online course

Individual price: \$120.00

Overview:

Anxiety, in moderate doses, can have many benefits. It can motivate us to put in maximum effort and help us know what matters to us most. However, unrelenting anxiety can interfere with functioning and lead to diagnosable mental health problems in children and adolescents. Anxiety disorders are one of the most common issues found in pediatric clinics today. In addition to long-term anxiety related disorders, untreated anxiety can lead to other problems such as depression and substance abuse. Fortunately, there are good treatments available. Supported by more than 75 studies, CBT is considered the go-to talk therapy for child and adolescent anxiety.

Exposure is a key ingredient of CBT. The principle is simple: have the child or adolescent engage with situations or objects that they fear many times to reduce the fear. The simplicity of the idea is deceptive. The intervention is complex and requires training to learn how to do it well. In this workshop, Dr. Michael Southam-Gerow provides an engaging and practical look at how to perform exposure therapy for anxious children and adolescent. Using clinical examples, an interactive format, and ample opportunities for practice during the workshop, participants will learn well-validated strategies to practice exposure well. The workshop will include a focus on:

1. How a strong initial assessment leads to fear ladders that promote treatment success.
2. Foundational psychoeducational principles needed for exposure.
3. The basic exposure approach.
4. Variations across diagnostic categories.

Learning objectives:

1. Increase competence in producing fear ladders that include practical items for use in exposure therapy;
2. Demonstrate understanding of the psychoeducational teaching points critical to exposure therapy;
3. Demonstrate competence in the basic sequence used in exposure therapy;
4. Master multiple techniques used in exposure therapy for children and adolescents to increase confidence across a range of children and adolescent clients with anxiety disorders.

Learning material:

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert, Prof. Michael Southam-Gerow

Professor Southam-Gerow is originally from Detroit, Michigan. He received his BA degree from the University of Michigan in 1989, completing his honors thesis with Vonnie McLoyd. After three years living in Seattle, he moved to Philadelphia and earned his PhD from Temple University in 1997 working with Phil Kendall. He completed his internship at the UCSD/VAMC consortium in San Diego, California. After a post-doc working with John Weisz at UCLA, he joined VCU as a professor in 2001. His research focuses on dissemination and implementation of treatments for kids and families, measurement of treatment integrity, and emotion regulation in children and adolescents.

Syllabus

Powerpoint

Introduction

Exposure Background

Questions on Exposure Rationale

Exposure Overview

Building a fear ladder

Group exercise

For child and caregiver

Exposure Basics

How Exposure Works

Two types of Habituation

Troubleshooting: common challenges

Scenario: Unresponsive patients

Scenario: Asking questions

Scenario: Introducing themselves

Common variations

Trauma (Part 1)

Trauma (Part 2)

Panic Disorder

Generalized Anxiety Disorder

Working with the Caregiver

Caregiver involvement

Supporting Exposure at Home

Special Cases

Bibliographie