



## **Course: anxiety disorders in children and adolescents: recognizing and treating the emerging epidemic**

**Address:** <https://asadis.net/en/course/anxiety-disorders-in-children-and-adolescents-recognizing-and-treating-the-emerging-epidemic/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

Anxiety disorders are now recognized as the most common emotional disorders in the U.S., as well as in 16 of the 17 countries recently surveyed by the World Health Organization. The rising prevalence of anxiety has been accelerated by the growing instability of today's world. In this workshop, Dr. Foxman will explain how anxiety develops in children and adolescents and will provide practical treatment strategies that you can immediately apply in your professional work.

The focus will be on integrative psychotherapeutic interventions, including insight-oriented, cognitive-behavioral, mind-body, solution-oriented, and family systems approaches.

Participants will explore key factors contributing to anxiety and gain detailed, practical techniques to enhance the effectiveness of child therapy. Topics include:

- Engaging through play- Understanding and discussing bodily reactions- Finding flow activities- Relaxation techniques for children- Exposure protocol- Parenting styles- The Miracle Question- And much more...

Seven key anxiety disorders will be addressed, with practical steps for identification and treatment:

- Separation anxiety disorder- Panic disorder- Overanxious disorder- Obsessive-compulsive disorder- Social anxiety disorder- Phobias- Post-traumatic stress disorder

A complete toolbox to help alleviate stress and anxiety in children and adolescents and equip them with practical resources to build resilience, manage challenges, and thrive emotionally and socially.

**Learning objectives:**

1. Explain how, why and when anxiety develops in children
2. Diagnose DSM-5 anxiety disorders in children
3. Teach anxiety management skills to children and adolescents
4. Implement therapy approaches for each of the child/adolescent anxiety disorders and make recommendations to parents and schools

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This course is intended for mental health professionals.

**The expert, Dr. Paul Foxman**

Dr. Paul Foxman is a clinical psychologist as well as Founder and Director of the Center for Anxiety Disorders in Vermont. In 1985 he co-founded the Lake Champlain Waldorf School, now flourishing from kindergarten through high school. He has over 30 years of clinical experience in a variety of settings including hospitals, graduate programs in psychology, community mental health centers, schools, and private practice. Dr. Foxman has led hundreds of top-rated workshops in the U.S. and internationally, and he has appeared on television and radio as an expert on the topic of anxiety. His books include *Dancing with Fear* (2007) and *The Worried Child* (2004), as well as a co-authored casebook, *Conquering Panic and Anxiety Disorders* (2003).

**Syllabus**

PowerPoint

Introduction

Understanding Anxiety in Youth and Therapeutic Foundations

Anxiety Epidemic

The 3 Ingredients in Anxiety

Effective Child Therapist

Case Example 1

Core Strategies for Managing Stress and Building Resilience

3-S- Approach to Stress

Flow and Relaxation

Mindfulness and Meditation

Specific Anxiety Disorders and Intervention Techniques

Anxiety Disorder- Separation Anxiety

Help Parents to Let Go  
How to Manage Divorced Parents  
Panic Disorder  
Generalized Anxiety Disorder  
Exercises to Overcome Worrying  
Obsessive-Compulsive Disorders  
Case Example of OCD  
Excoriation & Trichotillomania  
Social Phobia  
Selective Mutism and Specific Phobia  
Trauma and Stressor-Related Disorders  
Acute Stress Disorder  
Conclusion  
Bibliography