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, 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

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*