Course: effective exposure therapy for children and adolescents

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.

As such, anxiety disorders are one of the most common issues found in pediatric clinics today. 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, thanks to the great efficacy of exposure.

In this workshop, Dr. Michael Southam-Gerow provides an engaging and practical look at how to perform exposure therapy for anxious children and adolescent. In this workshop, participants will learn 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.

Unlike our other courses, this one is presented in audio only.
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 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

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*