

NORTHWEST BEHAVIORAL HEALTH IPA PRESENTS

Paul Foxman, Ph.D.

**Anxiety Disorders in Children and Adolescents:
Recognizing and Treating the Emerging Epidemic**

Community Health Education Center

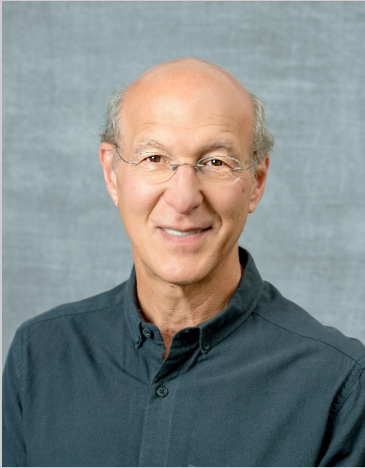
3333 Squalicum Parkway

BELLINGHAM, WASHINGTON

Friday, October 12, 2018

8:30 a.m. to 4:00 p.m.

THE PRESENTER: PAUL FOXMAN, PH.D.



Dr. Paul Foxman is Founder and Director of the Vermont Center for Anxiety Care, a private outpatient practice and therapist training center in Burlington, Vermont. He has over 40 years of professional experience in a variety of settings, including hospitals, community mental health centers, graduate schools in psychology, and private practice.

Dr. Foxman is the author of *Dancing With Fear* (2007), *The Worried Child* (2004), as well as other publications on the topic of anxiety including a co-authored casebook, *Conquering Panic and Anxiety Disorders* (2003). His most recent book is *The Clinician's Guide to Anxiety Disorders in Kids and Teens* (2017).

Dr. Foxman's training includes Yale University (B.A. in Psychology), Peabody College of Vanderbilt University (Ph.D. in Clinical Psychology), pre-doctoral internships at the Department of Psychiatry at Mt. Zion Hospital in San Francisco and the Kennedy Child Study Center in Nashville, and training seminars at the San Francisco Psychoanalytic Institute.

In 1985 Dr. Foxman co-founded the Lake Champlain Waldorf School in Shelburne, Vermont, now flourishing from kindergarten through high school. As a frequent, international presenter as well as expert on radio and television shows, Dr. Foxman is known for his knowledge and clarity of thought, sense of humor, and engaging speaking style.

Anxiety Disorders in Children and Adolescents

Divorce, school shootings, global violence, natural disasters, media overload, bullying and diversity issues, a challenged school system and other stresses have produced a “shell-shocked” generation of kids suffering from anxiety. Our challenge is to recognize anxiety in our young clients (and their parents) and help them cope.

Anxiety expert and author, Dr. Paul Foxman, Ph.D., will demonstrate how you can “connect” with anxious children and inspire them to practice new self-regulation skills. To increase your effectiveness with the various manifestations of child anxiety, Dr. Foxman will address each of the following conditions with case examples and clinical vignettes:

- Separation Anxiety Disorder
- Panic Disorder
- Generalized Anxiety Disorder
- Obsessive-compulsive Disorders (including skin picking and hair pulling)
- Social Anxiety Disorder/Selective Mutism
- Specific Phobias
- Trauma- and Stressor-related Disorders

You will also learn how to help parents (“bulldozers,” “helicopters” and “snowplows”) and schools gain confidence, gratification and success in helping their most anxious kids. Emphasis will be on creative psychotherapy involving insight-oriented, cognitive-behavioral, biological, mindfulness, and family systems interventions.

Anxiety Disorders in Children and Adolescents

Workshop Schedule

8:20-8:30

Opening Remarks

8:30-10:00

Sources of Anxiety and Treatment Overview: The anxiety epidemic (national and global prevalence): “Three Ingredients Framework” (temperament, personality style, stress) and implications for treatment; Initial interview and clinical assessment; Research on therapy effectiveness with children; Behavioral health recommendations

10:00-10:15

Break

10:15-12:00

Clinical Interventions: 3-step stress management process; Engaging the parasympathetic nervous system to reduce arousal and prepare for exposure interventions; Interventions for Separation Anxiety Disorder

12:00-1:00

Lunch

1:00-2:30

Interventions: Panic Disorder (and Agoraphobia); Generalized Anxiety Disorder; Obsessive-compulsive Disorder (including hair pulling & skin picking)

2:30-2:45

Break

2:45-4:00

Interventions: Social Phobia (including Selective Mutism); Specific Phobias; Trauma- and Stressor-related Disorder
Wrap up, final Q &A

Anxiety Disorders in Children and Adolescents

Workshop Objectives

1. Summarize the “3 Ingredients Framework” for how anxiety develops in children to assist with assessment and treatment planning
2. Implement a 3-step skill-building model for addressing the stress factor in anxiety
3. Implement clinical strategies to decrease symptoms of pervasive separation anxiety in children and adolescents (and their parents)
4. Implement calming techniques, such as mindfulness, relaxation response, flow activities, breathing practices and yoga, to reduce overall anxiety
5. Evaluate exposure therapy interventions for effective treatment of separation anxiety, OCD, social anxiety and phobias
6. Apply the “Floating Technique” for overcoming panic disorder and agoraphobia
7. Introduce positive alternatives to worry and utilize interventions to counter generalized anxiety
8. Recognize the self-esteem component in social anxiety and apply strategies to increase self-confidence and social skills
9. Utilize specific techniques to minimize the ruminative nature of obsessive thoughts that often precede dysfunctional compulsive behaviors

WHAT IS NWBHIPA?

What is NWBHIPA?

The Northwest Behavioral Health Independent Providers Association is a not-for-profit group of over 283 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 14th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops. www.nwbhipa.org

This workshop is approved for 6 continuing education credits by the Northwest Behavioral Health Independent Providers Association (NWBHIPA). NWBHIPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NWBHIPA maintains responsibility for this program and its content.

REGISTRATION INFORMATION

REGISTRATION

\$50 Special rate for IPA members

\$130 Non IPA members

\$50 Student with current ID (limit of 10)

Late fee of \$15 added after Sept. 28, 2018

\$150 IPA Membership one-time fee

Certificates of completion available to all attendees.

Registration includes lunch.

Pay ONLINE using PayPal or by check or money order payable to NWBHIPA and mailed to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

CANCELLATION POLICY

Full refunds minus a \$25 processing fee will be offered with written requests received by Sept. 28, 2018. **No refunds after October 9, 2018.**

ACCOMMODATIONS

Special room rates have been made available at the Hotel-Bellingham Airport for \$84 per night. Reservations: (360) 676-7700. Code CHXIPA.

ANXIETY DISORDERS IN CHILDREN AND ADOLESCENTS

FRIDAY, OCTOBER 12, 2018

8:30 A.M. TO 4:00 P.M.

Register online here.

Register by mail here.

FOR INFORMATION CONTACT

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