



The Worried Child

Diagnosing and Treating Anxious Children

Presented by

Paul Foxman, Ph.D.

Program Description

Children are susceptible to all the anxiety disorders seen in adults. The increasing rate of traumas to children has produced a “shell-shocked” and anxious generation.

This workshop presents a model for how and why anxiety develops in children and adolescents, and provides practical assessment and treatment strategies that can be applied immediately by healthcare professionals in various settings.

Dr. Foxman will use case examples to address 7 key anxiety disorders: separation anxiety disorder, panic disorder, overanxious disorder, obsessive-compulsive disorder, social anxiety disorder, phobias, and post-traumatic stress disorder. He will emphasize creative psychotherapeutic interventions involving insight-oriented, cognitive-behavioral, biological, mindfulness, and family systems approaches.

Objectives Participants will be better able to:

- Use the “Three Ingredients” model of how anxiety develops in children
- Recognize the role of family, schools, media, and global events in contributing to anxiety in children
- Describe 7 key anxiety disorders in children
- Apply practical therapy skills and techniques for each

- anxiety disorder
- Use child interview tips and assessment tools
- Make recommendations to parents and schools to help reduce anxiety in children
- Appreciate the pros and cons of medication (and nature’s remedies) for anxiety

Agenda - 12 hours (6 Hours Each Day)

Day 1

- 1 Nature and Causes of Anxiety
- 2 Assessment and Interventions
- 3 Self-Regulation Skills for Anxious Children
- 4 Therapy Strategies and Case Examples
 - Separation Anxiety Disorder
 - Panic Disorder

Day 2

- 5 Over-Anxious Disorder of Childhood
- 6 Obsessive-Compulsive Disorder
Social Phobia
- 7 Specific Phobias
- 8 Post-Traumatic Stress Disorder
Therapy Progress Indicators

Paul Foxman, Ph.D

After receiving his undergraduate degree from Yale University in 1968, Dr. Foxman completed his doctoral degree in clinical psychology from Vanderbilt University in 1973. He received additional training at the Department of Psychiatry of Mt. Zion Hospital in San Francisco, the Kennedy Child Study Center in Nashville, and the San Francisco Psychoanalytic Institute.

Dr. Foxman has 30 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools, and private practice. In addition, he has held teaching positions at the Fuller Theological Seminary, California School of Professional Psychology, and Antioch University.

In 1985 he co-founded the Lake Champlain Waldorf School in Shelburne, VT, now flourishing from kindergarten through high school. He is currently the Director of the Center for Anxiety Disorders in Burlington VT.

Dr. Foxman has led hundreds of top rated workshops throughout the U.S. and 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). He also co-authored a casebook, *Conquering Panic and Anxiety Disorders* (with Glatzer). Dr. Foxman is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses MFT AOTA

Available for an additional fee - See Exam Enclosed