



Breaking the Generational Cycle of Worry Treating Anxiety Disorders

Presented by

Lynn Lyons, LICSW

Overview

This workshop will provide concrete and often counter-intuitive strategies that normalize worry for families. It will provide an “umbrella approach” that is applicable to all of the anxiety disorders, including Obsessive-Compulsive Disorder.

Lyons will also describe simple, process-based strategies for interrupting patterns of thinking that inadvertently support the avoidance of anxious symptoms.

Objectives: Participants will be able to describe:

- How to coach adults to interrupt their own patterns of anxious parenting
- How to develop active assignments for families to correct the common cognitive traps that bolster anxiety and depression
- The difference between content-based and process-based interventions
- How to use playfulness, humor, games, collaboration, and active homework assignments
- How to create interventions that interrupt the process rather than the content of OCD in families

12 Hours

A Process-Based Approach to Anxiety

- Three Critical Concepts
- Patterns of Worried Families
- Don’t do the Disorder

The Seven Puzzle Pieces

- Getting out of the Anxiety Cult
- The Importance of Frontloading
- Cognitive Patterns: The GCPs
- Creating Interventions and Homework

Schools, Accommodations, and Parents

- Creating Effective Behavioral Plans
- Case Studies and Common Issues

The Three Frames for Treatment and Prevention

- Experience is Variable
- The Value of Parts
- Action Counts

The Challenge of Somatic Symptoms

Obsessive Compulsive Disorder The Importance of Process

- Myths and Current Research
- Diagnosis and Misdiagnosis
- Creating a Family Plan
- Ideas and Interventions: Ways to Teach the Skills
- Current Research on Medications

Lynn Lyons, LICSW

Lynn Lyons is a psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. She received her MSW in 1990 from Boston University School of Social Work.

Lyons co-authored with Reid Wilson on *Anxious Kids, Anxious Parents* and the companion book for kids, *Playing with Anxiety: Casey’s Guide for Teens and Kids*.

She is also the author of *Using Hypnosis with Children: Creating and Delivering Effective Interventions*, which describes treatment approaches for children with anxiety, depression, sleep issues, and medical issues.

Lynn has a private practice in Concord, NH and has been in practice for 26 years.

For more info see www.lynnlyonsnh.com

Approved Home Study 12 CE Hours for Psychologists Counselors Social Workers Nurses MFT AOTA

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904 Church Rd., Wyncote, PA 19095-1601 (800) 801-5415

www.JKSeminars.com

JK@JKSeminars.com