



Breaking the Generational Cycle of Worry

Treating Anxiety Disorders

Presented by
Lynn Lyons, LICSW

Author of:

Anxious Kids, Anxious Parents

7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

Thursday & Friday - September 14 & 15, 2017
Lancaster Host Resort & Conference Center - Lancaster, PA
Or Attend Via Live Webinar

Live Webinar Option

You can view this seminar as a live interactive Webinar Webcast on your computer via any high speed internet connection. Many states accept Live Interactive Webinar attendance as In-Person CE.

For more information and a preview of the webinar site:

- Go to www.beaconliveweb.com - Enter *jkseminars1* as the meeting room (no spaces)
- No access code required - Enter xxx for the company

Audience

Human Service Professionals

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- child and adolescent psychiatrists
- drug & alcohol counselors
- marriage & family therapists
- music therapists
- case managers
- psychiatric nurses
- occupational therapists
- rehabilitation counselors
- graduate students

12 CE Hours Credit for Most Professions

- Psychologists (12 hours)
- Nurses (11 hours)
- PA, DE, MD, NY Social Workers (12 hours)
- NJ CEs for Social Workers pending (12 hrs)
- NBCC Counselors (12 hours)
- D&A Professionals - PCACB (11 hours)
- Certified Rehabilitation Counselors (11 hours)
- Occupational Therapists (1.2 AOTA CEU)
- Music Therapists (14 credits)

All Professional Attendees Must Pick Up Their
Certificates at the End of the Seminar
Certificates for Webinar Attendees Will be Mailed the
Week of September 18

Register Toll Free - (800) 801-5415



Breaking the Generational Cycle of Worry

Treating Anxiety Disorders

Lynn Lyons, LICSW

Thursday & Friday - September 14 & 15, 2017
Lancaster Host Hotel - Lancaster, Pennsylvania

Overview

Anxiety is a very persistent master. When it moves into families, it takes over daily routines, schoolwork, and recreation. To make matters worse, the things adults (including many therapists and school systems) do to help anxious children can actually make the anxiety stronger.

Research that connects worried, anxious parents to the development of anxiety in children is robust, and the effectiveness of a family-based approach is also well-documented.

Despite this information, many anxious children are treated without parental involvement or psycho-education, and with a limited focus on relaxation and distraction.

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.

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

Thursday, September 14

8:15 a.m. Registration (*continental breakfast*)

9:00 **A Process-Based Approach to Anxiety**

- Three Critical Concepts
- Patterns of Worried Families
- Don't Do the Disorder

10:20 **Break** (*coffee and tea*)

10:35 **The Seven Puzzle Pieces**

- Getting out of the Anxiety Cult
- The Importance of Frontloading
- Cognitive Patterns: The GCPs

12:00 p.m. **Lunch** (*on your own*)

1:15 **The Seven Puzzle Pieces (Continued)**

- Creating Interventions and Homework

2:35 **Break** (*coffee, ice tea, soda, snack*)

2:50 **Schools, Accommodations, and Parents**

- Creating Effective Behavioral Plans
- Case Studies and Common Issues

4:15 p.m. **Adjournment**

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

Friday, September 15

7:45 a.m. Registration (*continental breakfast*)

8:30 **The Three Frames for Treatment and Prevention**

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

9:50 **Break** (*coffee and tea*)

10:05 **The Challenge of Somatic Symptoms**

11:30 **Lunch** (*on your own*)

12:45 p.m. **Obsessive Compulsive Disorder: The Importance of Process**

- Myths and Current Research
- Diagnosis and Misdiagnosis
- Creating a Family Plan

2:05 **Break** (*coffee, ice tea, soda, snack*)

2:20 **Obsessive Compulsive Disorder: The Importance of Process (Continued)**

- Myths and Current Research
- Ideas and Interventions: Ways to Teach the Chills
- Current Research on Medications

3:45 p.m. **Adjournment (Pick Up Certificates)**

A large selection of books and home study programs will be available for sale. All items will be priced at least 6% below the publishers' list price.

Hotel Accommodations

You must make your own overnight accommodations. A block of rooms has been reserved at the **Lancaster Host Hotel** (2300 Lincoln Hwy E.) Call the Host for reservations - **800-233-0121**

Mention *J&K Seminars* to receive a \$99 per room rate

OR

reserve your room at www.LancasterHost.com

Use code **SEMIN**

We encourage reservations by August 4

Call *J&K Seminars* for information about other hotels
800-801-5415



Your nametag, receipt, and driving directions will be mailed to you the week of August 21

For information visit www.jkseminars.com
or email: jk@jkseminars.com

Continuing Education Certification

Each professional attendee will receive a CE certificate. One-day attendees receive certificates for half the two-day credits.

Those who arrive late or leave early will not receive CE certificates of full attendance.

Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates.

- *J&K Seminars, LLC* is approved by the **American Psychological Association** to sponsor continuing education for psychologists. *J&K Seminars, LLC* maintains responsibility for this program and its content - 12 hours
- *J&K Seminars, LLC*, provider #1080 is approved as a provider for social work continuing education by the **Association of Social Work Boards (ASWB)** www.aswb.org, phone: 1-800-225-6880, through the Approved Continuing Education (ACE) program. *J&K Seminars LLC* maintains responsibility for the program. ASWB Approval Period: 01/27/2015—01/27/2018. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 12 Continuing Education hours - CLINICAL - practice/content level for social workers is intermediate.
- This course is approved by the Association of Social Work Boards - **ASWB NJ CE Course Approval Program** Provider #88 Course #1494 from 8/8/2017 to 8/8/2019. Social workers will receive the following type and number of credits: Clinical Social Work Practice 12.
- *J&K Seminars, LLC* has been approved by **NBCC** as an Approved Continuing Education Provider #5599. Programs that do not qualify for NBCC credit are clearly identified. *J&K Seminars* is solely responsible for all aspects of the programs - 12 hours
- *J&K Seminars, LLC* is an approved provider of continuing education by the PA State Nurses Association, an accredited approver by the **American Nurses Credentialing Center's Commission on Accreditation**. - 12 hours.
- *J&K Seminars, LLC* is a registered New Jersey professional development provider for the **NJ Dept. of Ed.**- #1555 - 12 hours
- *J&K Seminars, LLC* is an **American Occupational Therapy Association (AOTA)** approved provider - 1.2 CEUs *The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.*
- *J&K Seminars, LLC* is an approved provider of continuing education by **NAADAC & the Pennsylvania Certification Board** -12 hours PCB Approved Education for addiction and drug & alcohol professionals
- *J&K Seminars, LLC* is approved by the PA Dept. of Education to award **Act48** credit - 12 hours
- This course is approved by the **Certification Board for Music Therapists (CBMT)** for 14 Continuing Music Therapy Education credits. *J&K Seminars* maintains responsibility for program quality and adherence to CBMT policies and criteria.
- *J & K Seminars, LLC*, SW CPE is recognized by the **New York State Education Department's State Board for Social Work and State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed **social workers** #SW-0174, licensed **marriage & family** therapists #MFT0041, and licensed **mental health counselors** #MHC-0077 (12 clock hours)

Refund Policy: Full refunds will be provided before August 4. A \$10 administrative charge will be deducted from refunds requested after August 4. No refunds will be given after September 12 or for "no-shows." If the program is cancelled for any reason, the liability of *J&K Seminars, LLC* shall be limited to a full refund of registration fees. To date, no *J&K Seminars* program has ever been cancelled.

We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.

For questions or concerns phone (800) 801-5415 or email - JK@jkseminars.com

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.

She 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 clinical practice in Concord, NH and has been in practice for 26 years.

For more information see
www.lynnlyonsnh.com



Breaking the Generational Cycle of Worry Treating Anxiety Disorders

Lynn Lyons, LICSW

**Thursday & Friday, - September 14 & 15, 2017
Lancaster Host Hotel - Lancaster, Pennsylvania**

Register by August 4 for Early Discounted Registration Fee

Bonus: Live & Webinar attendees can access the recorded Streaming Video of this Seminar/Webinar for about 30 days following the presentation.



Breaking the Generational Cycle of Worry: Treating Anxiety Disorders
Lynn Lyons, LICSW
September 14 & 15, 2017 - Lancaster Host Resort, Lancaster, PA

Fees (In Person or Webinar)

	<u>One Day</u>	<u>Both Days</u>
Individual Early Registration (received by August 4) _____	\$110 per person-----	\$210 per person
Two or more together at the same time by August 4 _____	\$105 per person-----	\$195 per person
Regular Registration (August 4 – September 8) _____	\$120 per person-----	\$225 per person
Late Registration - No Webinar Registrations After Sept. 11 _____	\$130 per person-----	\$235 per person

Please Print - Name & Degree as you want them to appear on your CE certificate

Name _____ Degree/License _____

In Person: Both Days Sept. 14 Only Sept. 15 Only

Webinar: Both Days Sept. 14 Only Sept. 15 Only

Agency _____

Mailing Address to receive your nametag & receipt: Home Work

Street _____

City/State/Zip _____

Phone (W) () _____ (H) () _____

Fax () _____ Email _____

Additional Information

Your Profession: _____

Type(s) of CE Credit Desired: _____

FID# 23-3072383

Visa/MC/Disc/AMX# _____ Exp. _____ Signature _____

Last 3 digit Verification # on back of Visa/MC/Discover _____ 4 digit # on front of AMX _____

\$ _____ Amount Authorized/Enclosed - Make Checks Payable To: **J&K Seminars**

- Send payment & form to : **J&K Seminars, 904 Church Rd, Wyncote, PA 19095 –1601**
- OR Register By Phone (800) 801-5415 OR FAX (717) 393-4605 OR online at www.JKSeminars.com