



# *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](http://www.lynnlyonsnh.com)

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

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