



# Diagnosing and treating Anxious Children & Adolescents

Presented by

## Paul Foxman, Ph.D.

### Overview

Dr. Paul Foxman will demonstrate how you can connect with anxious children and teach them new self-regulation skills. You will learn how to help parents and schools help their most anxious kids.

Dr. Foxman will address each of the following disorders with case examples and clinical vignettes to increase clinicians' effectiveness:

- 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

Emphasis will be on creative psychotherapy involving insight-oriented, cognitive-behavioral, biological, mindfulness, and family systems interventions.

11 Hours - 11 CE Credits

~~12 Hours - 12 CE Credits~~

### Objectives: Participants will be able to describe:

- How to incorporate motivational therapeutic activities to improve client engagement in treatment.
- Structured clinical interviewing strategies to aid in developing comprehensive treatment plans.
- The "3 ingredient framework" of how anxiety develops in children to assist with assessment and treatment planning.
- A three-step skill building model for stress management among young clients.
- Exposure therapy interventions for effective treatment of OCD, separation anxiety, social anxiety and phobias.
- Calming techniques to reduce overall anxiety, such as mindfulness and yoga, to reduce fight or flight response and simultaneously engage the relaxation response.
- Specific anxiety techniques to minimize the ruminative nature of obsessive thoughts that often precede dysfunctional compulsive behaviors.
- How to create new neuro pathways to reduce anxiety and decrease maladaptive behaviors.
- Clinical strategies to decrease symptoms of pervasive separation anxiety in children and their parents.

### Three Ingredients Framework

- Peter Pan story and psychotherapy with kids and teens
- Anxiety prevalence data
- Treatment implications
- Client-friendly therapy language

### Foundation Skills

- Behavioral health recommendations
- Video demonstrations: 10-year-old boy
- Self-regulation skills (relaxation response, breathing, office-friendly movement, yoga, mindfulness, flow activities)
- 3-Step skill building approach to stress management

### Separation Anxiety Disorder

- Normal vs. abnormal anxiety
- Visualization and in-vivo exposure protocols
- Helicopters, bulldozers and snowplows: helping parents let go

### Generalized Anxiety Disorder

- Why we worry and what to do instead
- 10 strategies for replacing worry with positive alternatives
- Case Video: 10-year-old girl

## 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

### Panic Disorder

- Panic is not an "attack"
- Sensitization, avoidance and agoraphobia
- Floating Technique
- LifeSkills self-help program
- Case: 13-year-old boy who stopped skiing

### Social Anxiety

- Self-Esteem strategies
- Group therapy activities
- Selective mutism
- Other phobias

### Obsessive-Compulsive Disorders

- Compulsions as defense mechanisms for unwanted obsessions
- ERP (Exposure and Response Prevention)
- Trichotillomania (hair pulling)
- Excoriation (skin picking)

### Trauma

- Types of trauma
- Acute stress disorder/crisis intervention
- PTSD treatment goals
- Traditional and new treatment strategies

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 workshop 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.

**Approved Home Study 12 CE Hours for Psychologists Counselors Social Workers Nurses MFTs OTs**

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