



Helping Anxious Families

Concrete Strategies for Children, Teens, and Their Parents

Presented by

Lynn Lyons, LICSW

Because anxiety is the most common mental health issue in both adults and children, it's virtually impossible to be in clinical practice and not have anxious families show up, desperate for help. The demand for skilled specialists is high, and clinicians should be using the most effective, active, and creative strategies. Families need a clear plan for HOW to respond when anxiety shows up, and parents must be a key part of treatment.

This workshop will focus on identifying the important targets for treatment, creating homework assignments for families, working directly with parents, and, above all, ACTIVELY engaging families as quickly as possible.

AGENDA

A process-based approach: what do we do with the content? (1:28:54)

- Teaching the difference to families, knowing it ourselves
- The importance of frontloading
- Active engagement from the first session

Parental involvement as a key to treatment (1:37:29)

- Targeting common family patterns
- Staying out of the weeds, avoiding common errors
- Accommodations, safety behaviors

Knowing the skills we need to teach: where's the gap? (1:30:48)

- Identifying the targets
- Creating homework and engaging families in the work

Putting the process-based approach into practice (1:38:11)

- Case examples, questions, putting together a plan
- Making "relaxation" count
- 7 puzzle pieces to guide the family plan

Objectives— Participants will be able to:

- Describe patterns of anxious parenting and how to decrease the modeling of family anxiety.
- Identify the difference between content-based and process-based interventions as it relates to treatment.
- Explain how the worry and anxiety process works in the brain and body to maximize effectiveness of psychoeducation.
- Use targeted relaxation skills and techniques to effectively treat somatic symptoms of anxiety.
- Describe the four critical concepts for creating skill-based interventions for anxious families.
- Create interventions that focus on interrupting the process of OCD in families rather than the content of the OCD.
- Develop active assignments for families that correct the common cognitive traps that bolster both anxiety and depression.

Lynn Lyons, L.I.C.S.W.

Lynn Lyons, LICSW is an internationally recognized 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.

Lynn is the co-author with Reid Wilson of Anxious Kids, Anxious Parents and the companion book for kids Playing with Anxiety: Casey's Guide for Teens and Kids. She is the author of Using Hypnosis with Children: Creating and Delivering Effective Interventions and has multiple online programs for clinicians, parents and children. She is the co-host of the popular podcast Flusterclux.

She maintains a private practice in Concord, New Hampshire where she sees families whenever she's not on the road teaching.

Approved Home Study 6.25 CE Hours for Psychologists Counselors Social Workers MFT AOTA

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Practice Level—Intermediate

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