



The EDCO, CASE and LABBB Collaboratives invite you to attend the Professional Development workshop:

Cognitive-Behavioral Interventions for Anxious Children and Teens

November 6, 2014 ~ 8:30 a.m. - 12:00 p.m.

This workshop is designed for school mental health professionals who have attended the workshop on November 5th (or a previous workshop by Dr. Wagner and are looking for more depth and case discussion). If you have not attended a workshop by Dr. Wagner, it is suggested that you register for Workshop 1 along with Workshop 2.

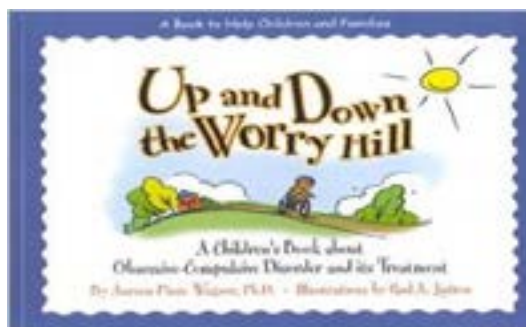
Cognitive-behavioral therapy (CBT) is the gold standard of treatment for youngsters with anxiety and has been scientifically proven to be effective. With early recognition and timely CBT, 80% of anxious youngsters can successfully learn the tools to overcome anxiety. If untreated, about 50% of children with an anxiety disorder suffer significant long-term consequences.

As "gatekeepers" who are in the unique position of providing early recognition and preventive intervention, school professionals are key players in helping children stay on a healthy developmental trajectory.

Known for her clarity and engaging style, Dr. Wagner will present the seven steps of child-friendly cognitive-behavioral therapy (CBT), the gold standard of treatment for anxiety. You will learn about the Worry Hill® CBT approach, do's and don'ts, and effective CBT tools and strategies that are ready to use with anxious children and teens at school.

Case examples and discussion will be used to elaborate on feasible interventions at school for worry, perfectionism, school refusal, separation anxiety, social anxiety, panic, obsessions and compulsions. Attendees will learn how to apply logical, creative and highly effective CBT tools and techniques with students. Effective child management strategies as well as collaboration with parents will be emphasized. The do's and don'ts of managing anxiety in youngsters will be highlighted. Topics covered include:

- How anxiety manifests in school
- The fuel for anxiety: The Anxiety Triad
- The Vicious Cycle of Avoidance
- Treatment readiness and four steps to cultivate it
- Seven steps in child-friendly CBT
- The Worry Hill® approach to anxiety and OCD
- Practical, ready-to-use, tools for anxiety
- What not to do: Strategies that don't help
- Working with parents



- Presenter:** Aureen Pinto Wagner, Ph.D. is a sought-after international speaker who presents workshops for parents, school professionals and clinicians in the treatment of anxiety. She specializes in cognitive-behavioral therapy (CBT), and has developed the child-friendly Worry Hill™ approach to making CBT accessible to youngsters. Dr. Wagner is an Adjunct Associate Professor in the Department of Psychiatry at the University of North Carolina at Chapel Hill School of Medicine.
- Audience:** November 5th - PreK - 12 educators; November 6th - PreK - 12 mental health professionals
- Registration:** Contact the office of Curriculum and Instruction in your district or the program manager in your collaborative. Participants will receive confirmation details via email from EDCO once the course has been finalized.
- Fee:** **Early Bird Registration** ~ \$95 for EDCO, CASE & LABBB members who register by October 22nd; \$125 for non-members and anyone who registers after October 22nd; \$175 for members who also attended the November 5th session entitled *The Many Faces of Anxiety and OCD: What Every School Professional Needs To Know*; \$235 non-members
- Location:** EDCO Collaborative, Bedford
- Register by:** **October 22, 2014.** Cancellations after the deadline will not be honored, only replacements. Registrations received after the deadline will be accepted provided spaces are still available.

Question?: Please call EDCO at (781) 259-3445 or visit us on the web at www.edcollab.org.