



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

The Many Faces of Anxiety and OCD: What Every School Professional Needs to Know

November 5, 2014 ~ 1:00 p.m. - 4:30 p.m.

Anxiety is the most common mental health problem in youngsters, affecting 13% or over 6.5 million school-aged children. Many anxious children experience serious problems at school and may be at higher risk for academic underachievement, substance use and drop-out. With timely recognition and proper intervention, up to 80% of them can successfully conquer anxiety. School professionals are key gatekeepers in the early recognition of students with anxiety.

In this practical workshop, internationally known anxiety expert Dr. Aureen Wagner will help you recognize the many faces of anxiety in the classroom including worry, perfectionism, school refusal, separation anxiety, social anxiety, panic, obsessions and compulsions. She will discuss the differences between normal and problem anxiety, and highlight red flags and early warning signs for elementary, middle and high school students. Many children with anxiety and OCD are mislabeled as having attention deficit disorder (ADD). Dr. Wagner will discuss the similarities and differences between anxiety and conditions such as Tourette Syndrome, ADD/ADHD and Asperger's Syndrome that often accompany anxiety. You will learn what makes anxiety worse and the link between behavioral problems and anxiety.

Dr. Wagner will share scientifically-proven cognitive-behavioral methods that help teachers and school professionals understand anxiety and implement effective interventions for anxiety in the classroom. Topics covered include:

- Normal fears across the life span
- Normal vs. problem anxiety
- The many faces of anxiety in youngsters
- Red flags and early warning signs of anxiety
- What's anxiety, and what's not?
- How anxiety affects academic, social and classroom functioning
- *The link between behavioral problems and anxiety*
- *What makes anxiety worse?*
- *What school professionals can do*
- *How to talk to parents about their anxious child*
- *Metaphors and analogies to talk with students about anxiety*
- *Practical strategies for managing anxiety in the classroom*



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- 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 attend both the November 5th session and the second session on November 6th entitled *Up and Down the Worry Hill: Child-Friendly Cognitive-Behavioral Interventions for Anxious Children and Teens*; \$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.