Outline

Nature and Causes of Anxiety
- How anxiety develops in children
- Three ingredients in all anxiety disorders
- The “anxiety personality”: assets and liabilities

Seven Key Anxiety Disorders
- Separation anxiety disorder
- Panic disorder
- Overanxious disorder
- Obsessive-compulsive disorder
- Social anxiety disorder
- Phobias
- Post-traumatic stress disorder

Co-Occurring Disorders
- Depression
- ADHD
- Learning disabilities
- Selective mutism

Therapeutic Approaches
- Cognitive-behavioral
- Biological
- Mindfulness
- Expressive Arts
- Family Systems Approaches

Interventions and Self-Regulation Strategies
- The Floating Technique for panic anxiety
- Exposure and Response Prevention (ERP) for OCD
- Mindfulness for worry
- Solution Focused Intervention for worry
- Group Therapy guidelines for social anxiety
- Visualization/Desensitization for separation anxiety
- Three Question Technique for parents struggling with child separation anxiety
- Three Step Technique for managing children’s stress
- Yoga games and breathing techniques for relaxation training
- LifeSkills Program for generalized anxiety
- Virtual Reality approach for phobias
- Baby Buddhas meditations for anxious preschoolers

Objectives
1. Apply the “Three Ingredients” template for understanding how, why and when anxiety develops in children.
2. Recognize and modify the sources of stress in children and adolescents.
3. Explain the anxiety management skills to use with young clients.
4. Identify effective treatment strategies for each of the seven key anxiety disorders.
5. Identify steps that schools can take to reduce student anxiety.
6. Apply self-regulation skills and strategies to children.

Speaker

Daniel van Ingen, Psy.D., is passionate about the treatment of anxiety and believes that his strategy of anxiety tolerance training requires non-medication treatment strategies. He has developed easy-to-understand explanations and techniques that quickly fuel the road to recovery.

A licensed psychologist in Florida, Michigan, and Minnesota, Dr. van Ingen maintains a private practice that specializes in anxiety treatment called Anxiety Shrinks! Prior to private practice, he worked at a VA hospital, colleges, a drug treatment program, and outpatient clinics. Dr. van Ingen, trained as a scholar-practitioner, has many empirical studies published on cognitive behavioral therapy for anxiety disorders, parenting research, and disabilities. He has presented at national and international conferences for over 10 years. His book, Anxiety Disorders Made Simple: Treatment Approaches to Overcoming Fear and Building Resiliency, has received outstanding reviews from psychologists, psychiatrists, and social workers alike. He has been dubbed the Sarasota Parenting Doctor in his private practice work with families.

He is a national speaker and blogs anxiety articles and posts weekly parenting podcasts on his website www.danvaningen.com.

Speaker Disclosure:
Financial: Daniel van Ingen maintains a private practice. He receives a speaking honorarium from PESI, Inc.
Nonfinancial: Daniel van Ingen has no relevant nonfinancial relationship to disclose.
The increasing rate of stress and trauma to children, which includes divorce, family breakdown, violence in society, the media, and a failing school system, has produced a "shocked generation" suffering from anxiety. The challenge for clinicians is to recognize anxiety in children and help them cope.

Dr. van Ingen will teach you how and why anxiety develops in children and adolescents. He will present practical treatment strategies that can be applied immediately. The seven key anxiety disorders along with case examples to be addressed include:

- Separation anxiety disorder
- Panic disorder
- Overanxious disorder
- Obsessive-compulsive disorder
- Social anxiety disorder
- Phobias
- Post-traumatic stress disorder

Other co-occurring disorders (e.g., behavior problems, medical conditions, depression, ADHD, learning disabilities, selective mutism) will also be discussed. Emphasis will be on creative interventions involving insight-oriented, cognitive-behavioral, biological, mindfulness, expressive arts and family systems approaches.

Anxiety Disorders Made Simple: Treatment Approaches to Overcome Fear and Build Resiliency

By David van Ingen, Psy.D.

Anxiety Disorders Made Simple illustrates the most prominent psychological treatment methods for treating anxiety and phobic disorders. In this breakthrough in anxiety treatment, Dr. van Ingen provides practical, everyday examples to empower people to build anxiety tolerance, gain freedom, and experience resilience as they confront their fears.

OCD: A Workbook for Clinicians, Children and Teens: Actions to Be Taken, Control & Defeat Obsessive Compulsive Disorder

By Christna J. Taylor, Ph.D.

OCD: A Workbook for Clinicians, Children & Teens is a user-friendly, creative and interactive book to help children and teens take control of OCD. With specific chapters for each type of OCD, children and teens will learn cognitive behavioral strategies to overcome their obsessions and compulsions.

The Clinician’s Guide to Anxiety Disorders in Kids & Teens

By Paul Forman, Ph.D.

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