



Helping the Worried Child: Practical Strategies for Dealing with Anxiety in the Classroom and Therapy Room

**Help your anxious student thrive
through practical, easily-implemented
strategies to increase
confidence and bravery!**

Presenter:

Aimee Kotrba, PhD

**March 16, 2018
8:30 am - 4:30 pm**

Location:

LIU Post

**Humanities Hall – Rm. 119
720 Northern Blvd., Brookville, N.Y.**

Sponsored by:

Kidz Conference Services

300 Garden City Plaza, Suite 350

Garden City, NY 11530

P: 516-747-9030 F: 516-747-1833

www.kidzconferenceservices.com

Teri Chase, Conference Coordinator

COURSE DESCRIPTION

Anxiety in children is increasing at a startling rate, and is causing significant disruptions and difficulties in the classroom and therapy room. Through interactive learning, videos, and engaging presentations, this course will provide information on identifying anxiety disorders in children and adolescents and will give practical strategies for helping children and adolescents decrease anxiety and increase social, emotional, and academic participation. Additionally, participants will learn simple, easy-to-implement behavioral and cognitive-behavioral strategies for addressing anxiety in the classroom, related service settings and in both school-based counseling and psychotherapy sessions.

Target Audience

- School Psychologists/Psychologists
- Social Workers
- Speech/Language Pathologists
- Special & General Education Teachers
- Occupational Therapists
- Physical Therapists
- Licensed Mental Health Counselors
- Administrators Guidance Counselors

**CEU / CPD hours available for most disciplines
above. Check page 2 for specifics**

Designed for Staff Working with Ages:

- Elementary
- Middle School
- High School

Level & Teaching Methods

Intermediate; Lecture, Videos Discussion

LEARNER OBJECTIVES

***Upon completion of this course,
participants will be able to:***

- Identify the common types of anxiety disorders and the interventions most suited to each disorder
- Summarize strategies to differentially reinforce brave behavior while reducing avoidant and anxious behavior.
- Identify interventions that parents can be using in the home to also facilitate emotional growth and reduce anxiety.

AGENDA

- 8:00** Registration & Continental Breakfast
- 8:30** Identifying anxiety and common diagnoses
- 9:15** Where does anxiety develop?
- 10:00** Break (15 minutes)
- 10:15** The anxiety cycle and maintaining factors
- 12:00** Lunch (1 hour)
- 1:00** Strategies for addressing anxiety in the classroom
- 1:45** Strategies for reducing anxiety in school-based counseling & treatment
- 2:30** Break (15 minutes)
- 2:45** How to talk to parents about their child's anxiety
- 4:00** Presentation Ends; Questions & Answers, Sign-out & distribution of certificates
- 4:30** Dismissal

***There will be a 15-minute break in the
am & pm sessions.***

BIOGRAPHICAL INFORMATION

A clinical psychologist specializing in the psychological assessment and treatment of children, adolescents, and families, Dr. Kotrba earned her masters and doctorate degrees in clinical psychology at Wayne State University, and received additional training in assessment and treatment at Children's Hospital of Michigan and William Beaumont Hospital's Center for Human Development.

Dr. Kotrba's primary interventions include individual Cognitive Behavioral Therapy (CBT) for mood and anxiety disorders, Parent Child Interaction Therapy (PCIT) for disruptive behavior disorders, and psychological assessments for learning issues, anxiety, Autism Spectrum Disorders, and Attention-Deficit/Hyperactivity Disorder. She is a nationally-known expert and speaker on the identification and treatment of Selective Mutism, a childhood anxiety disorder. Dr. Kotrba serves as president on the Board of Directors for the Selective Mutism Group, an international foundation committed to increasing knowledge and effective treatment of Selective Mutism. She is active speaking in the community on a variety of psychological topics.

Dr. Kotrba resides in Brighton, Michigan with her husband and three children.

Disclosure Information

Financial - Dr. Kotrba is receiving a speaker's fee for presenting these workshops. She is the author of *Selective Mutism: An Assessment and Intervention Guide for Professionals, Educators, and Parents*.

Non-Financial - No relevant interests

CONFERENCE LOCATION

Enter LIU Post campus at the West Gate on Northern Blvd., Brookville, bearing right and proceeding on Post Lane. Humanities Hall is located behind the Kahn Discovery Building, which is the 2nd building located on the left side of the road. Parking is available next door at the Tilles Center. See campus map: <http://www.cwpost.liu.edu/cwis/cwp/location/map/ind ex.html>

CEU / CPD INFORMATION



Kidz Conference Services, LLC is approved by National Association of School Psychologists to offer continuing education for school psychologists. **(6 NASP CPDs)**

Kidz Conference Services, LLC SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0147. **(6 NYSSED SBSW Contact Hours)**

Application has been made to **NYSCEPT** for CEUs for New York State physical therapists.



Kidz Conference Services, LLC is an AOTA Approved Provider of continuing

education. AOTA does not endorse specific course content, products, or clinical procedures. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. **(.6 AOTA CEUs)**

Domain of OT- Performance skills, OT process- intervention



Kidz Conference Services is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for **.6 ASHA CEUs** (**Intermediate** level, **Professional** area)

Kidz Conference Services, LLC is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #3368. **(6 hrs.)**

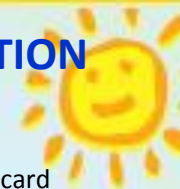
Kidz Conference Services, LLC is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0118. **(6 contact hours)**

WORKSHOP DETAILS

Certificates of Attendance - Attendance for the entire session is required for Certificates of Completion and/or CEUs (where applicable)

Cancellations Due to Weather - will be announced on our website (www.kidztherapy.com); top of the main page

REGISTRATION INFORMATION



WAYS TO REGISTER:

Online: www.kidztherapy.com with credit card

Fax: By credit card 516 747-1833

Phone: By credit card 516 747-9030 x181

Mail: By check/credit card: Kidz Conference Services, 300 Garden City Plaza, Suite 350, Garden City, NY 11530

Purchase Orders will be accepted as payment

Helping the Worried Child

Print information clearly

Name

Street

City

State

Zip Code

Phone #

E-mail Address

Discipline

Please check one:

Early Bird Registration by Feb. 23 - **\$185**

Standard Registration - **\$199**

Groups of 3 or more \$15 discount pp (must send together)

Registration fee includes breakfast

To pay by credit card: ___ Visa ___ MasterCard

Credit Card Number

Security Code

Expiration Date

Name as it appears on card

Signature

Refund Policy: A handling fee of \$25 will be deducted for all cancellations. Refund requests must be received by mail/e-mail **at least 14 days prior** to the conference date.

For special accommodations or information:

Should you require a reasonable accommodation to attend a Kidz Conference, all such requests must be received **no less than four** weeks prior to the date of the conference via email to

kidzconferenceservices@kidztherapy.com

Questions: Call Tesa 516-747-9030 x181

Directions & Lunch Locations

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March 16, 2018
8:30 – 4:30

LIU Post

720 Northern Blvd, Brookville, NY
Humanities Hall – Room 119

Enter LIU Post campus at West Gate and bear right. Look for the yellow Kidz Conference Services signs, posted in the ground. Second building on the left is Kahn Discovery Center (#25). For Humanities Hall, make a left just past the building and go to the end of the road. Humanities Hall is the building at the end on the left. Building #21 on map. **For Parking** – Do NOT make the left; most available parking is just past the turn, on the left.

Food Availability near LIU Post:

Walking - Student Cafeteria – Hillwood Commons - Exit at main entrance and go right. Building behind flag pole

By Car

LEFT after exiting out of main campus entrance - Go approximately 1.7 miles to the major intersection of Glen Cove Road

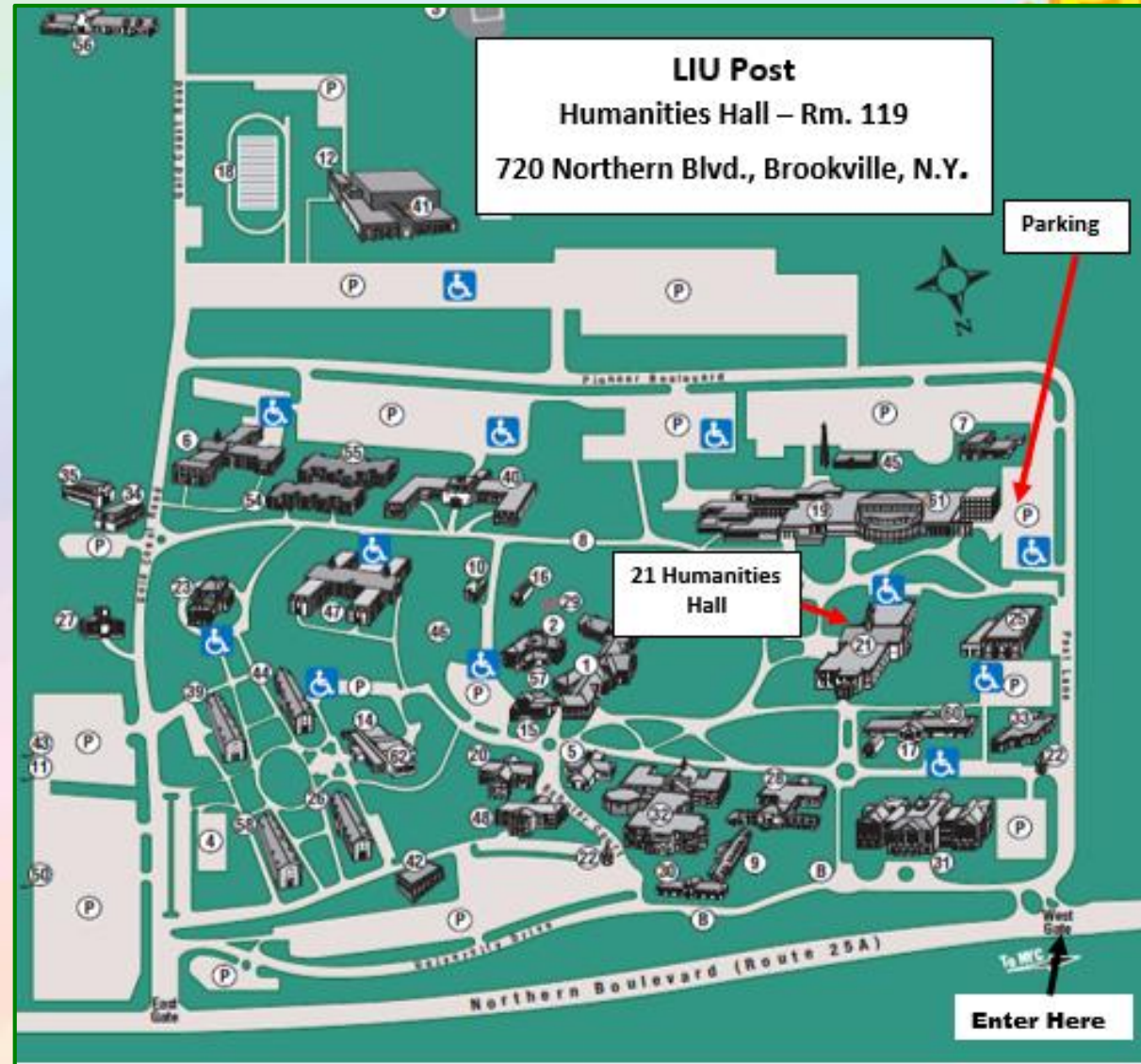
- Ben's Deli – in the Wheatley Plaza shopping center on your left

◦ **Left onto Glen Cove Road (at main intersection)**

- Moe's Southwest Grill - right side
- Wendy's - right side
- Yogurt & Such - left side
- Burger King - right side thru shopping center
- Bagel Store- right side, then a left as you enter the shopping center

◦ **Right onto Glen Cove Road - at main intersection**

- Greenvale Townhouse Diner - on left
- Pizzeria – on right in little strip mall



RIGHT exiting out of main campus entrance - Go approximately 3.7 miles to 106; **Left** onto 106

- Bagel Boss - right side in strip mall
- East Norwich Deli - across the street from Bagel Boss
- Saggios (Italian/Pizza) - right side in strip mall

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