

## NR.IE18.020CG Worries and Woes: Dealing with Anxiety Disorders in School Age Children (Parent & Family Event)



PRESENTED BY

**Dr. Lynn Miller**



SERIES SESSIONS

Date	Time
March 01, 2018	7:00 PM - 8:30 PM



LOCATION

**Stonebridge Hotel - 12102-100 Street**

FEE

**\$0.00**

QUESTIONS?

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### Program

**Audience: Parents/families**

Presented by: Dr. Lynn Miller, Lic. Psych., Emeritus Associate Professor University of British Columbia

Anxiety disorders are the most common form of psychological distress reported by children and adolescents, and can interfere significantly in the lives of children. An anxiety disorder is a level of anxiety that interferes with daily functioning, either with peer relationships, academic performance, or in family routines. Children with anxiety disorders are shy, inhibited, and avoidant; parents and family members are typically very good at identifying anxiety in children but may not use the most effective interventions to support children and youth.

This workshop will help participants to:

- Increase awareness of the anxiety disorder spectrum
- Understand where anxiety comes from
- Identify basic behavioral indicators of anxiety in children
- Develop a preliminary understanding of the current research

- Understand the success of psychological interventions
  - Be aware of techniques that are useful to implement immediately with an anxious child
  - Become aware of resources in the community
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## Presenters

### **Dr. Lynn Miller**

Lynn D. Miller, Ph.D., is a Licensed Psychologist, Certified Cognitive Behaviour Therapist, and an Associate Professor Emeritus (retired) in the Education and Counseling Psychology and Special Education department at the University of British Columbia. A noted leader in mental health issues of school aged children, she recently completed her term as President of the Anxiety Disorders Assoc. of Canada, 2010-2014, and served as the President of the International Association of Marriage and Family Counselors (2004-2006). She has over 30 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools, and private practice. She was a representative to Expert Round Table of BC Ministry of Child and Family Development on Mental Health, and helped plan how mental health services are disseminated were offered in BC, with anxiety identification and service delivery to children and youth as the lead program. Her research team modified the evidence-based anxiety prevention curriculum (FRIENDS program) from its Australian form. This modified protocol is now in use across Canada, and endorsed by the World Health Organization. In 2015, she received the Mid-level career awarded by the American Psychological Association for contributions to children's and adolescents' mental health.

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