

NR.IE18.019CG Identifying and Dealing with Anxiety Disorders in School Settings (Educators and School Staff)



PRESENTED BY

Dr. Lynn Miller



SERIES SESSIONS

Date	Time
March 02, 2018	9:00 AM - 3:30 PM



LOCATION

Hythe Regional School - 10108 104 Ave

FEE

\$25.00

QUESTIONS?

Contact Us:

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Program

Anxiety disorders are the most common form of psychological distress reported by children and adolescents and are among the more common causes of referral to children's mental health care providers. School-based research of children who suffer from all serious emotional disorders reveals that less than a third receive help. Children with anxiety and depressive disorders are shy, inhibited, and avoidant: these behaviors may attract teacher attention but educators may not respond appropriately. Anxiety can also be mistaken for developmentally appropriate displays of fear or shyness. An anxiety disorder, however, is a level of anxiety that interferes with daily functioning. Anxiety disorders in children warrant more attention from educators, clinicians and researchers.

This workshop will help participants to:

- Increase awareness of the anxiety disorder spectrum
- Understand etiological and developmental aspects of anxiety
- Identify basic behavioral indicators of anxiety in children
- Develop a preliminary understanding of the current research
- Understand group intervention in schools
- Be aware of techniques that are useful to implement immediately with an anxious child

- Become aware of resources in our community

*PWSD Participants use **coupon code** to receive no charge registration.*

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.

Registration Notes

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