

Presenter: Dr. Debra Salzman, Clinical Psychologist
Behavior Therapy Associates

Location: Morris-Union Jointure Commission
Professional Development Center
340 Central Avenue, New Providence

Time: 9:00 a.m. to 3:00 p.m.

Registration Fees:	MUJC Members:	\$105.00
	Nonmembers with Subscription:	\$105.00
	Nonmembers:	\$125.00

With the challenges of this past year, there has been an increase in anxiety disorders. Children and adolescents are struggling with the changes to schools, learning styles, sports and the increased difficulty of socializing with peers. This in person inservice will identify various triggers for anxiety. Some of the topics discussed will include social anxiety, separation anxiety, anxiety over working independently, test and performance anxiety, and ritualistic and compulsive behaviors. Participants will learn how to recognize the symptoms of anxiety and will learn strategies to help students better manage their anxious symptoms.

Participants will gain knowledge and skills in:

1. identifying signs and symptoms of anxiety in students;
2. recognizing signs and symptoms of anxiety that lead to school avoidance;
3. cognitive behavioral strategies used to treat anxiety, excessive worry and other school based fears;
4. communicating with students to help them better manage their anxiety and worry.

This inservice is in person from 9:00 a.m. – 3:00 p.m.