



## Professional Development (Anxiety and 'Stressed-out' Children and Youth)

**WEDNESDAY March 6<sup>th</sup>, 2019**

Strathmore Travelodge 9:30 – 3:30 p.m.

**TITLE: Helping Chronically Stressed Out and Anxious Children Navigate Twenty-First Century Living.**  
(Lunch is included)

This workshop is designed for professionals, rehabilitation practitioners, educators, social workers, counsellors, or psychologists who work with youth aged 5-18. A blend of both educational and applied learning will be utilized throughout the workshop. The workshop will consist of information about the most common anxiety disorders in school aged children: separation anxiety, generalized anxiety, and social anxiety, as well as obsessive compulsive disorder (OCD). Information presented will include the diagnostic criteria for these anxiety disorders, myths and misconceptions, how these specific anxiety disorders can impact the child, and what it “looks” like within home settings, school as well in the community.

**THURSDAY March 7<sup>th</sup>, 2019**

Golden Hills School Div. 9:00 – 11:30 a.m.

***(This session is limited to the first 40 people that register)***

**TITLE: Helping Chronically Stressed Out and Anxious Children Navigate Twenty-First Century Living.**  
(Light breakfast items and beverages are included)

This workshop will utilize an applied style of learning, with participants gaining knowledge of various cognitive-behavioural strategies they can employ to help support children and youth *either* diagnosed with a specific anxiety disorder, *or*, demonstrating behaviours that might be indicative of an emerging anxiety disorder. These strategies will be demonstrated via role play, video demonstration, and open group discussion, and will be aimed to target “what to do” in school, community, and home settings. There will be time allotted throughout the workshop for ongoing question and answer discussion to help bring concepts to life and to allow participants the opportunity to practice skills.

**RATES:**

	<b>Early Bird Rate (until January 18, 2019)</b>	<b>Regular Rate (after January 18, 2019)</b>	<b>Registration Closes February 22, 2019</b>
<b>March 6, 2019</b> (only)	\$75pp	\$100pp	<u><a href="#">REGISTER NOW</a></u>
<b>March 6 and 7, 2019</b>	\$100pp	\$125pp	<u><a href="#">REGISTER NOW</a></u>
Registration provided by the Calgary Regional Consortium			

**Student rate:** \$30 per person (enter code **EARLY19** to receive discount before January 18<sup>th</sup>. After January 18<sup>th</sup>, enter code **STUDENT19** to receive discount). **Codes are case sensitive (use all caps).**

**Questions?** Contact Sharon Blanchard [sharon.blanchard@ghsd75.ca](mailto:sharon.blanchard@ghsd75.ca) or Scott McLean [scott.mclean@ghsd75.ca](mailto:scott.mclean@ghsd75.ca)

**Presented by Dr. Katherine Martinez**

Dr. Katherine Martinez received her degree in clinical psychology from Rutgers University in New Jersey. She is a registered psychologist (#2036) in British Columbia with over 20 years of experience in clinical work, research, and training. Dr. Martinez works in private practice in Vancouver having previously worked at both the Vancouver, and, San Francisco Bay Area Cognitive Behaviour Therapy Centres, as well as at Children’s Hospital Oakland, California, and various clinics in New Jersey. She specializes in cognitive-behavioral assessment and treatment of anxiety, mood, and childhood disorders in youth, provides parent training to families, and conducts workshops and in-service trainings on CBT for Anxiety Canada. Finally, she has co-authored the book, *My Anxious Mind: A Teen’s Guide to Anxiety and Panic* (Magination Press, 2009). She is the proud parent of a soccer fanatic and a football juggernaut!



**PLEASE NOTE:** Attendance at this event qualifies for Category ‘A’ credits through the Alberta College of Social Workers.