

The Effective Treatment of Anxiety in Children and Adolescents

Anxiety is the major mental health problem facing young people and it has serious short and long term consequences, so it is imperative we can respond to it effectively.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

This is such an important topic for several reasons: first, its prevalence, anxiety is the single most common mental health problem in children and adolescents; second, the huge impairment it makes to the quality of life of the child and the child's family; third, the impairment to functioning in terms of concentration and exam performance; fourth, the long term consequences in terms of the schemas that are created by the child about him or herself and about those around them.

Who should attend:

People who attend this course may be in one of two categories:

1. Professionals with a significant degree of clinical skill who wish to develop their expertise in the treatment of anxiety.
2. 'Whole teams' (either in inpatient or community or school settings) seeking to develop a common approach and a common level of expertise.

The professional affiliations of people suitable for attending this course include: mental health/psychiatric and school nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, and others working in mental health or educational settings.

The course covers a great deal:

Knowing about, understanding, and developing informed empathy for major forms of anxiety: generalised anxiety disorder (where the child has a specific anxiety, for example about school, and this generalises to cloud virtually every moment); phobias, including social phobia or "shyness"; obsessive-compulsive disorder; panic disorder. This course majors on the first two of these, and touches on the latter two.

- Treatment: Biological factors, including in particular diet digestion and sleep ("the rest and digest cycle").
- Treatment: Behavioural factors, including in particular (A) effective coping strategies, for example against shyness and (B) desensitisation approaches, for example against phobias.

- Treatment: Validation from the professional, and why it is so important in terms of the emotional and personal development of the child. The theory and practice of how to do it.
- Treatment: People factors, including giving best advice to parents and professionals seeking to help.
- Treatment: Cognitive factors, including especially (a) the cooling down of "hot thoughts", and (b) problem solving.
- Treatment: Developing distress tolerance, including distraction methods and also 'radical' methods.
- Treatment: communication, especially involving the use of metaphors, including to reframe troublesome situations.

What this course will do for you:

- You will have the feeling of knowing about anxiety in young people, and confidence in recognising it and being able to help with it effectively.
- You will know how easy it is to behave unhelpfully towards anxious young people, and easily avoid doing so.
- You will be able to validate other people - to have them feel good, that their fears are not so strange, and that they can do something about them.
- You will be able to (help people to) solve problems.
- You will be able to (help people to) order their biological functioning in a way that helps regulate their emotional functioning.
- You will be able to (help others to) tolerate distress much better. Not to allow distress to get into a 'vicious spiral'.
- You will be able to offer clear helpful advice to parents and others who seek to help young people.

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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