



Featured Speaker

Christian F. Mauro, Ph.D.

Assistant Clinical Professor in the Dept. of Psychiatry and
Behavioral Sciences at Duke University Medical Center

**Cognitive Behavioral
Therapy for Children
and Adolescents with
Anxiety Disorders**

Friday, January 12, 2018

9 a.m. – 4:30 p.m.

Location:

Southern Regional AHEC

1601 Owen Drive, Classroom E (3rd Floor)

Fayetteville, NC 28304

Target Audience

The target audience for this workshop is intended for psychologists, counselors, substance abuse professionals, social workers, therapists and other mental health professionals with varying levels of experience.

Program Description

Everyone experiences anxiety. Most times it is temporary and children can cope or be comforted and experience relief. Other times however, it is excessive and leads to an anxiety disorder affecting up to 1 in 8 children. Anxiety disorders in children and adolescents are characterized by excessive fear, nervousness, or shyness that impairs functioning to the point of avoiding places and activities.

Cognitive-behavioral therapy, or CBT, is a type of therapy that has been scientifically shown to be effective in treating anxiety disorders in children and adolescents. CBT teaches skills and strategies that can be used to manage anxiety and enhance functioning.

Objectives

Upon completion of this workshop, participants will be able to:

- Identify the prevalence of anxiety disorders in children, including developmental differences within these diagnoses;
- Discuss the principles of CBT for anxiety disorders in youth;
- Learn the key components of CBT when working with children with anxiety disorders; and
- Describe and understand family issues when conducting CBT for anxious youth.

Agenda

8:30 – 9 a.m.	Registration / Welcome
9 – 10:30 a.m.	Identify the prevalence of anxiety disorders in children, including developmental differences within these diagnoses;
10:30 – 10:45 a.m.	Break
10:45 – 12 p.m.	Discuss the principles of CBT for anxiety disorders in youth;
12 – 1 p.m.	Lunch (on your own)
1 – 2:30 p.m.	Learn the key components of CBT when working with children with anxiety disorders; and
2:30 – 2:45 p.m.	Break
2:45 – 3:45 p.m.	Describe and understand family issues when conducting CBT for anxious youth
3:45 – 4:30 p.m.	Measuring outcomes using harm reduction techniques
4:30 p.m.	Adjourn

Fee

\$109.00 if registration and payment are postmarked on or before January 5, 2018; \$119.00 thereafter.

Speaker

Christian F. Mauro, Ph.D. is an Assistant Clinical Professor in the Department of Psychiatry and Behavioral Sciences and Division of Medical Psychology at Duke University Medical Center. Dr. Mauro is the Director of the Psychosocial Treatment Clinic where he supervises and trains graduate students, psychology interns, and psychiatry residents on evidenced-based practice for children and adolescents. He received his doctorate in Clinical Psychology from Miami University in Ohio and completed his internship at Duke University Medical Center. Dr. Mauro has been a certified cognitive behavioral therapist on a number of NIMH funded clinical trials including The Child and Adolescent Anxiety Multimodal Treatment Study (CAMS) and the Pediatric Obsessive Compulsive Treatment Study II (POTS II). He specializes in individual and family therapy for children with anxiety disorders.

Credit

C.E.U.: 0.6

Contact Hours: 6.0

NC Psychologists Category A: The program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists.

NBCC: Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.



Southern Regional AHEC is solely responsible for all aspects of the programs.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

Credit will be awarded to participants who attend 100% of the program.

Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

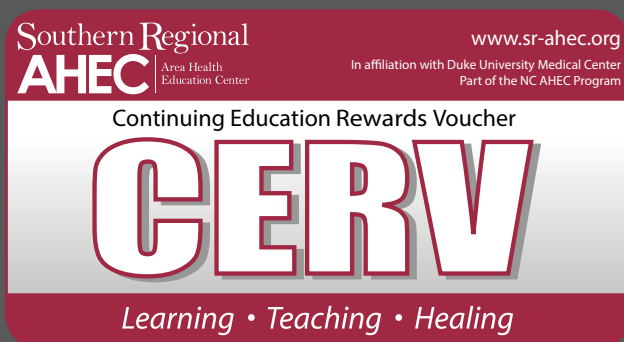
Please bring a jacket or other additional covering since we will not be able to adjust the thermostat.

Contacts

Bertina Parkins, Director Mental Health CE
910-678-7032 / Bertina.Parkins@sr-ahec.org

Kate Smith, Program Assistant for Mental Health CE
910-678-7305 / Kate.Smith@sr-ahec.org

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**Not redeemable for CME series or contract programs and must be initialed by SR-AHEC personnel at current program.*

Registration Form

Form may be duplicated.0

**CBT for Children and Adolescents
with Anxiety Disorders**

CASCE #54000 / MH180112

Phone: 910-678-7226 **Fax:** 910-323-0674

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=54000>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name _____ Last 4 digits of SS# _____

Certifications/Degrees _____ Specialty Area _____ Are you an NCC? _____

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Work Address _____ City _____ State _____ Zip Code _____

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A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) _____ (secondary) _____

Do not send email announcements of upcoming SR-AHEC programs. Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies _____

Payment Information

Check (Make payable to SR-AHEC)

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