



Identifying and
Addressing **Anxiety and
Trauma** Related Disorders
in Children and Adults

Friday, October 01, 2021
9 a.m. – 1:15 p.m.

Location:

Livestream Webinar

Target Audience

This event has been planned for psychologists, clinicians, therapists, counselors, social workers, marriage and family therapists, psychiatric nurses, substance use counselors, and all other behavioral health professionals interested in this intervention.

Program Description

This program is designed to help practitioners become more familiar with identifying the signs and symptoms of anxiety and trauma related disorders in children and adults. Information on the basic epidemiology of anxiety and trauma related disorders will be presented. We will review the basic diagnostic criteria for the most prevalent anxiety and trauma related disorders for both children and adults. We will discuss common comorbidities as well as differential diagnosis of both classes of psychiatric illness. Finally, we will review common evidence-based interventions for both children and adults.

Content will be delivered using a combination of engaged audience discussion, PowerPoint presentation, short videos, case-studies, and group work. The focus of this work will be on identifying and differentiating between the different anxiety and trauma related disorders. While we will review common evidence-based treatments, we will not go in-depth into any one treatment.

Objectives

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

- Explain the prevalence of anxiety and trauma disorders in adults and children in the United States
- Distinguish between common anxiety and trauma related disorders
- List common risk and protective factors for these disorders
- Identify the symptoms of common anxiety and trauma related disorder in both children and adults
- Discuss differential diagnosis of anxiety and trauma related disorders and name other potential diagnoses with overlapping symptoms
- Describe common evidence-based treatments for anxiety and trauma related disorders in children and adolescent

Fee

\$49.00

Agenda

8:45 a.m.	Login
9 a.m.	Introductions
9:30 a.m.	Epidemiology of Anxiety and Trauma Related Disorders
10:30 a.m.	Break
10:45 a.m.	Recognizing and Diagnosing Common Anxiety and Trauma Related Disorders
12:15 p.m.	Common Evidence-Based Treatments for Anxiety and Trauma Related Disorders
1:15 p.m.	Adjourn

Speaker

Dr. Betsy (Sarah E.) Bledsoe received her Master of Social Work with a focus on direct practice and psychiatric social work from the University of Pittsburgh in 2001 and her MPhil (2005) and PhD (2007) with a focus on direct practice and psychiatric social work from Columbia University where she was a National Institute of Mental Health Mental Health Services Research fellow. She is associate professor at the University of North Carolina at Chapel Hill School of School of Social Work where she has been teaching graduate level classes focused on child, adolescent, and adult mental health and evidence-based mental health interventions since 2006. She has over 20 years of mental health experience through practicing, teaching, and training both locally, nationally, and internationally. Her research and practice

have focused primarily on evidence-based practice and supporting the mental health and well-being of women and children surviving poverty and discrimination. Her current projects are based in Robeson County, NC and Baltimore, MD where she works with the Family Informed Trauma Treatment Center at the University of Maryland. She is a single mother and lives with her three children in Chapel Hill, NC.

This presenter is being supported through the partnership between UNC-CH, School of Social Work and the NCAHEC Program.

Credit

C.E.U.: 0.40

Contact Hours: 4.0

NASW-NC: NC AHEC is a 2021 NASW-NC approved provider of distance continuing education. This program has been approved for 4.0 contact hours.



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.



NCASPPB: Approved by the North Carolina Addictions Specialist Professional Practice Board for up to 4.0 hours of credit. Approval # Pending

NC Psychologists Category A: The program will provide 4.0 contact hours (category A) continuing education credit to NC Psychologists.

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

- Cancellations must be in writing (fax, email, or mail)
- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

Attendance at this activity grants permission for Southern Regional AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

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A MyAHEC account is required to complete registration. If you do not have a MyAHEC account, please go to our website at: <https://www.southernregionalahec.org/create-account> to create an account. Please use your personal email address when you create your MyAHEC account as work email accounts can change.

The handouts for the program will be provided online. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <https://www.southernregionalahec.org/about-us/general-reference/>

Registration Form

CASCE # 66648 / MH211001

Identifying and Addressing Anxiety and Trauma Related Disorders in Children and Adults - October 01, 2021

Fee: \$49.00

Register Online: <https://www.southernregionalahec.org/courses-and-events/66648>

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We accept the following credit cards: Visa, Mastercard, Discover, American Express

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Send completed registration form to:

SR-AHEC, Attention: Registrar, 1601 Owen Drive, Fayetteville, NC 28304 or e-mail to registrar@sr-ahec.org

Upcoming Program

Somatic Mindfulness for Change: Integrating A Mind-Body Approach - Live Webinar - September 9, 2021

<https://www.southernregionalahec.org/courses-and-events/66646>

The Impact of Toxic Stress on Health and Your Role in Resilience - Live Webinar - September 27, 2021

<https://www.southernregionalahec.org/courses-and-events/66696>

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