

## **WORKSHOP DIRECTORY PAGE**

**TITLE:** Anxiety and Related Disorders in Children and Adolescents

**COMPETENCY:**

303-1: The child welfare professional can communicate with and interview children using a variety of age-appropriate methods and strategies to elicit and transmit information.

303-3: The child welfare professional knows the behavioral indicators and dynamics of common emotional disorders of children including depression, ADHD, conduct disorders, anxiety, and suicide; and can refer the child to the proper professional for further assessment and/or treatment.

**NO. HRS:** 6

**DATE:** 1/31/02

**LEARNING OBJECTIVES:** Participants will be able to:

- Identify the symptoms, etiology, and treatment of anxiety and related disorders in children and adolescents.
- Implement effective strategies for supporting and intervening effectively with children and adolescents diagnosed with anxiety and related disorders.
- Collaborate effectively with all parties of the treatment team assembled to support children and adolescents diagnosed with anxiety and related disorders.

**CALENDAR SUMMARY:** It can be challenging for caseworkers to find effective ways to sort out symptoms presented by children and adolescents diagnosed with anxiety and related disorders and to intervene effectively. This workshop offers participants the latest information on symptoms, diagnostic issues, and treatment of anxiety and related disorders in children and adolescents. It also provides individual and collaborative strategies to effectively intervene with these children, adolescents, and their families.

**TITLE OF HANDOUTS:**

1. **Agenda and Learning Objectives (1 page)**
2. **Eight Categories of Anxiety Disorders (2 pages)**
3. **Prevalence and Etiology of Anxiety Disorders (2 pages)**
4. **Assessment of Anxiety Disorders (1 page)**
5. **Treatment Approaches for Anxiety Disorders (1 page)**
6. **COPE Intervention (1 page)**
7. **Case Study of James (OCD) (1 page)**
8. **COPE Intervention Procedures (1 page)**
9. **Case Study of Melanie (1 page)**
10. **Support Roles of Treatment Team Members (1 page)**
11. **Background and Directions for Role Play (1 page)**
12. **Action Plan (1 page)**
13. **Bibliography (1 page)**