

303: Anxiety & Related Disorders in Children & Adolescents

Guide to Handouts

Section I – Introductions and Expectations

- Handout 1: Agenda and Learning Objectives (1 page)

Section II – Overview of Anxiety and Related Disorders

- Handout 2: Eight Categories of Anxiety Disorders (2 pages)
- Handout 3: Prevalence and Etiology of Anxiety Disorders (2 pages)

Section III – Assessment and Treatment of Anxiety and Related Disorders

- Handout 4: Assessment of Anxiety Disorders (1 page)
- Handout 5: Treatment Approaches for Anxiety Disorders (1 page)

Section IV – Strategies for Children/Adolescents, Parents, and Educators

- Handout 6: COPE Intervention (1 page)
- Handout 7: Case Study of James (OCD) (1 page)
- Handout 8: COPE Intervention Procedures (1 page)

Section V – Building a Support Network for Children/Adolescents Diagnosed with Post-Traumatic Stress Disorders

- Handout 9: Case Study of Melanie (1 page)
- Handout 10: Support Roles of Treatment Team Members (1 page)
- Handout 11: Background and Directions for Role Play (1 page)

Section VI – Action Planning

- Handout 12: Action Plan (1 page)

Section VII – Wrap-Up and Evaluation

- Handout 13: Bibliography (1 page)