

## LEARN FROM THE EXPERT!

### **Cognitive-Behavioral Therapy for OCD and Anxiety: User-Friendly Treatment for Children and Adolescents**

*A five-day in-depth training experience for mental health professionals at the  
Cape Cod Institute, Eastham, MA*

**July 26-30, 2010**

#### **ABOUT THE EXPERT**

**Aureen Pinto Wagner, Ph.D.**, is Clinical Associate Professor of Neurology at the University of Rochester School of Medicine & Dentistry and member of the Scientific Advisory Board of the International OCD Foundation. Dr. Wagner is a Clinical Child Psychologist who is widely recognized for her unique *Worry Hill* approach to making cognitive-behavioral therapy accessible to youngsters. She is a highly engaging and sought-after speaker whose workshops consistently receive outstanding reviews. Dr. Wagner is also the author of several books and treatment resources for professionals including, *Worried No More: Help and Hope for Anxious Children*, *Treatment of OCD in Children and Adolescents: A Professional's Kit*, *Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment*, and *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions* (see [www.Lighthouse-Press.com](http://www.Lighthouse-Press.com)).

Anxiety disorders are the most common mental health problem in children and adolescents, affecting about 13% of youngsters. CBT can help as many as 80% of these children successfully overcome OCD and anxiety. However, it is estimated that the majority of anxious children do not receive CBT, due in part to a significant shortage of clinicians with expertise in CBT with youngsters. Clinicians often find it difficult to access in-depth clinical training in CBT.

This workshop is designed for clinical practitioners and school professionals who seek training in the day-to-day application of CBT for OCD and anxiety in children and adolescents. Participants will learn empirically-sound, developmentally sensitive, appealing and practical CBT approaches that are feasible in clinical settings and designed to optimize motivation and treatment compliance in youngsters.

Dr. Wagner's workshop will maximize opportunities for learning through clinical vignettes, video-taped demonstrations and case discussion. Participants will learn to develop and implement creative and specific treatment plans. Strategies for building treatment-readiness, collaborating with parents, managing anxiety in school, working with reluctant children, relapse prevention, and challenges in treatment will be discussed. Detailed handouts will be provided and *Teaching Tools* and forms for assessment and treatment will be reviewed. Participants are encouraged to bring cases for discussion.

- Monday: The clinical picture of OCD and anxiety in children and adolescents  
Co-morbidity and differential diagnosis  
Risk factors for anxiety  
Cognitive-behavioral conceptualization of anxiety  
The Fuel for Anxiety: The *Anxiety Triad*, The *Vicious Cycle of Avoidance*, and parenting responses
- Tuesday: Principles of CBT for OCD and anxiety  
Developmental challenges: Can children really do CBT?  
Child-friendly CBT: Developmental fit, readiness, metaphors, A/V tools, family involvement & incentives  
Cognitive strategies and the Socratic technique  
Exposure, habituation and anticipatory anxiety  
Collaborating with parents and families  
Parenting strategies that foster non-anxious behavior in children  
What not to do: Behaviors that delay recovery
- Wednesday: CBT for OCD: The Four-Phase *Worry Hill Protocol*  
Phase I: *Biopsychosocial Assessment and Treatment*: Focused on the recovery of the whole child  
Phase II: *Cultivating Treatment Readiness*: Stabilization, Communication, Persuasion and Collaboration  
Phase III: *The RIDE*: Exposure and Ritual Prevention for OCD  
Phase IV: *After the RIDE*: Long-term recovery and proactive relapse prevention
- Thursday: CBT in action: Cognitive strategies and exposure hierarchies for separation anxiety, school refusal, generalized anxiety, sleep difficulties, posttraumatic stress, social anxiety, panic, and specific phobias  
Managing meltdowns and explosive behavior
- Friday: Helping anxious children in school  
Medications for anxiety and OCD  
Managing comorbidity: Depression, tics, Asperger's and ADHD  
Dismantling treatment-reluctance in the child or family  
When treatment is not working  
Lessons learned from the trenches  
Tools of the trade, clinical style, and the art of CBT

**For registration information, visit [www.Cape.org](http://www.Cape.org)  
Call 888-394-9293 (toll-free) or 203-422-0535  
or email: [prolearning@behavior.net](mailto:prolearning@behavior.net)**