

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*

August 4-8, 2008

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 Obsessive-Compulsive 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, *Treatment of OCD in Children and Adolescents: A Cognitive-Behavioral Therapy Manual*, *Worried No More: Help and Hope for Anxious Children*, *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).

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 with beginner to intermediate experience in CBT who are seeking training in the everyday application of CBT for OCD and anxiety. 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 children and adolescents.

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.

(Over for more details)→

- 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: Metaphors, auditory/visual 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*: Individualized 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, posttraumatic stress, social anxiety, panic, and specific phobias
- Friday: Helping anxious children in school
Managing meltdowns and explosiveness at home and school
Medications for anxiety and OCD
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
Call 888-394-9293 (toll-free) or 203-422-0535
or email: prolearning@behavior.net**

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**Cognitive-Behavioral Therapy for OCD and Anxiety:
Complexities and Challenges in Treating Children and Adolescents**

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

By
Aureen Wagner, Ph.D.

August 11-15, 2008

This unique workshop will cover anxiety-related topics that are not typically covered in depth in any single workshop. Dr. Wagner will provide a developmentally sensitive perspective on conceptualizing, strategizing and intervening with hard-to-treat and unusual symptoms, comorbidities and overlapping symptom dimensions. A modular approach to CBT, emphasizing core versus optional modules in treatment, will be applied to guide step-by-step clinical decision-making and the delivery of strategies. This workshop is designed for clinical practitioners and school professionals with at least intermediate experience with CBT, or those who have attended Dr. Wagner's previous workshops.

Participants will engage in dialogue on the details of implementation, including timing, pacing, and responding to the child and family's cues. Developmental modifications and the use of metaphors, analogies and imagery for various ages from preschoolers to adolescents will be discussed. The nature and extent of collaboration with parents and families in various developmental and family contexts will be explored. Participants will discuss clinical dilemmas to generate fresh perspectives and ideas for working through them. Realistic expectations and options when clients and families demonstrate low insight, readiness to change, avoidance and noncompliance, or when standard approaches do not seem to make headway will be examined.

This workshop will integrate the science and the art of CBT, and will emphasize the big picture: Engaging children and families in their own recovery by guiding them through resistance to acceptance, helplessness to empowerment and dependence to self-reliance. Case discussions, video clips, "clinical pearls" and structured exercises will be woven through the workshop to illustrate concepts and strategies. Participants are invited to submit cases for discussion (details will be sent upon registration).

- Monday: Modular CBT: Applying essential and core interventions; decision-making and application of optional modules in treatment; case conceptualization and the Socratic process
- Tuesday: Separation anxiety, generalized anxiety, social anxiety, panic and depression: Realistic thinking and exposure; troubleshooting challenges

- Wednesday: Difficult forms of OCD: Clinical innovations and developmental variations in treating “bad thoughts,” scrupulosity, religious, violent and sexual obsessions, mental rituals and hoarding in children and adolescents.
- Thursday: Co-morbid and overlapping symptom dimensions: OCD and Tourette Syndrome (tics, sensory sensitivities and “just right” symptoms), ADHD, and trichotillomania.
- Friday: CBT for anxiety and OCD in youngsters with Asperger’s Syndrome; school refusal; sleep difficulties; test anxiety; meltdowns and explosive behavior.

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