

AUREEN P. WAGNER, Ph.D.

UPCOMING WORKSHOPS FOR SCHOOL PROFESSIONALS

Wagner, A. P. (March 19, 2010). *Worried No More: Help and Hope for Anxious Children*
Full-day workshop for school mental health professionals, Hilton Central School District, Hilton, NY

Contact: Maureen Thayer, 585-392-1000 ext. 6055

Wagner, A. P. (March 22, 2010). *Helping Anxious Children at School*
Half-day workshop for school mental health professionals, Reading Public Schools, Reading, MA

Contact: Colleen Dolan, Director of Pupil Services, 781-942-9129

Wagner, A. P. (April 7, 2010). *Working with Anxious Children at School*
In-house, half-day workshop for the York Region District School Board Psychological Service, Ontario, Canada

Wagner, A. P. (April 8, 2010). *Working with Anxious Children at School*
In-house, half-day workshop for the Toronto Region District School Board psychologists, Toronto, Canada

Wagner, A. P. (April 9, 2010). *The Many Faces of Anxiety and OCD: A Workshop for School-Based Professionals Supporting Students with Mental Health Issues*
Full-day workshop, Sponsored by the York Region District School Board Psychological Service
The Premiere Ballroom & Convention Centre, Richmond Hill, Ontario, Canada

Contact: To register: <http://www.yrdsb.edu.on.ca>, click on News and Events and follow directions

Wagner, A. P. (July 26-30, 2010). *Cognitive-Behavioral Therapy for Anxiety and OCD: User Friendly Treatment for Children and Adolescents*
Week-long intensive training for clinicians and school professionals, Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. 888 394-9293 or 203 422-0535 or www.cape.org

ABOUT DR. WAGNER'S WORKSHOPS FOR SCHOOL PROFESSIONALS

Anxiety disorders are the most common mental health problem in children and adolescents, affecting 13% or 6.5 million school-aged children, and far more common than ADHD, disruptive behavior, depression or substance abuse. Many anxious children experience serious problems at school. With early recognition and timely treatment, 80% of these children and adolescents can successfully overcome anxiety.

Dr. Aureen Wagner, an expert in childhood anxiety and OCD, will address the unique issues and challenges that school personnel face in identifying and managing anxiety or OCD in the classroom. Using examples, Dr. Wagner will discuss various manifestations of anxiety, developmental differences in presentation, co-morbidity, and differential diagnosis with conditions such as Tourette Syndrome, Asperger's Syndrome and ADHD. She will present effective treatments and discuss their relevance and application in school. Dr. Wagner will offer practical guidelines and feasible interventions for worry, perfectionism, school refusal, separation anxiety, social anxiety, panic, performance/test anxiety, obsessions and compulsions.

Dr. Wagner's workshops are highly informative and combine scientifically-proven cognitive-behavioral therapy (CBT) with creative, user-friendly and practical innovations. She is known for her skill in tailoring workshops to specific needs or concerns identified by school personnel, and for presenting strategies that are highly applicable and relevant in the school setting. Topics may cover anxiety disorders as a group or specific disorders such as OCD. Participants are given detailed handouts to enable them to attend more fully to the presentation.

Topics covered include:

- ❖ Normal fears across the life span
- ❖ Normal vs. problem anxiety
- ❖ Forms of anxiety in youngsters
- ❖ What's anxiety, what's not?
- ❖ How anxiety manifests in school
- ❖ Red flags for anxiety in the classroom
- ❖ Risk factors for anxiety
- ❖ The fuel for anxiety: The Anxiety Triad
- ❖ The Vicious Cycle of Avoidance
- ❖ Cognitive-behavioral therapy (CBT)
- ❖ Child-friendly metaphors and analogies
- ❖ Medications for anxiety
- ❖ Effective child management strategies
- ❖ What not to do: Strategies that don't help
- ❖ Contributions of school personnel
- ❖ Working effectively with parents
- ❖ Feasible interventions at school
- ❖ Managing meltdowns and explosiveness

Two-hour workshops provide a comprehensive overview of anxiety and effective interventions. Topics include the signs and signals of anxiety in the classroom, differentiation from other complicated/co-morbid conditions (e.g., Tourette Syndrome, ADHD, Pervasive Developmental Disorders), description of CBT for anxiety, and practical management strategies in the school setting. Examples and case studies help participants relate the information to real-life situations. This workshop is ideal as a thorough overview for a broad range of school staff, including mainstream and special education teachers, teacher's aides, counselors, social workers, speech and occupational therapists, administrators and school psychologists.

Half-day workshops provide thorough coverage of early recognition of anxiety, differentiation from other complicated or co-morbid conditions, description of CBT for anxiety, and practical management strategies in the classroom setting. Case studies, question/answer and discussion are an integral part of the workshop. Participants are encouraged to bring real case examples for discussion. This workshop is ideal for all school staff seeking more opportunities for question/answer and discussion about application of strategies to specific contexts.

Full-day workshops offer intensive training and consultation in managing anxiety or OCD. They are ideal for staff with more involvement in handling anxiety issues in children, such as school psychologists, counselors, social workers, nurses, and healthcare staff. This interactive workshop has a greater focus on case discussion. The morning session covers the same content as the half-day workshop described above.

In the afternoon, participants may work on specific cases in small groups with the presenter's guidance, followed by large group discussion of the pragmatics of implementing interventions within the constraints of a specific school or classroom setting. The format is tailored to the group's needs, and includes addressing of specific questions or concerns of attendees.

ABOUT THE SPEAKER

Aureen Pinto Wagner, Ph.D. is Clinical Associate Professor of Neurology at the University of Rochester School of Medicine & Dentistry, Director of The Anxiety Wellness Center in Rochester, NY, and member of the Scientific Advisory Board of the Obsessive-Compulsive Foundation. She is a Clinical Child Psychologist who is widely recognized for her unique *Worry Hill* approach to making Cognitive-Behavioral Therapy accessible to youngsters. Dr. Wagner is a sought-after speaker who is known for her depth of knowledge, user-friendly conceptualization of CBT, creative clinical innovations and practical strategies. Her workshops consistently receive outstanding reviews.

Dr. Wagner received her education at the University of Iowa, the Yale University Child Study Center and Brown University. She is the author of several books and treatment resources 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)

To schedule a workshop with Dr. Wagner or for more information on availability and fees, please call (585) 594-4770.

DR. WAGNER'S PAST WORKSHOPS (2005 onwards)

Wagner, A. P. (February 1, 2010). *The Many Faces of Anxiety and OCD: What Every School Professional Needs to Know*

Workshop for school professionals, Victor Central School District, New York

Contact: Carla Clark, 585 924-3252 ext 4245

Wagner, A. P. (November 5 and 6, 2009). *User-Friendly Cognitive-Behavioral Therapy for OCD and Anxiety in Children and Adolescents*

Two-day workshop for clinicians and school professionals, sponsored by Leading Edge Seminars Inc., Toronto, Canada

Contact: Michael Kerman 416-964-1133 www.leadingedgeseminars.org

Wagner, A. P. (October 23, 2009). *The Many Faces of Anxiety in Children and Adolescents: Early Recognition and Effective Intervention*

Full-day workshop for school professionals, Saratoga School District, Saratoga Springs, New York

Contact: Nikole Hearn, School Psychologist, Saratoga Schools 518.693.1468

Wagner, A. P. (October 9, 2009). *Worried No More: Help and Hope for Anxious Children*
Full-day workshop for school professionals, The Norman Howard School, Rochester, NY

Contact: Rosemary Hodges, Co-Head, 585-334-8010 ext. 307

Wagner, A. P. (September 25, 2009). *The Many Faces of Anxiety in Children and Adolescents: Early Recognition and Effective Intervention*

Half-day workshop for professionals, Children's Hospital of the King's Daughters, Norfolk, VA.

Contact: Sandra Fabian, 757.668.7402

Wagner, A. P. (July 27-31, 2009). *Cognitive-Behavioral Therapy for Anxiety and OCD: User Friendly Treatment for Children and Adolescents*

Week-long intensive training for clinicians and school professionals, Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. (888) 394-9293 or (203) 422-0535 or www.cape.org

Cassiday, K. & Wagner, A. P. (March 11, 2009). *Treating Anxiety Disorders in the School*

Full day pre-conference workshop, Anxiety Disorders Association of America, Albuquerque, NM.

Contact: www.adaa.org

Wagner, A. P. (February 23, 2009). *The Many Faces of Anxiety and OCD: What Every School Professional Needs to Know*

Keynote address, annual conference, School Assistance Professionals Association of Georgia, Atlanta, GA

Contact: Lisa Miller, Administrative Assistant, SAPA of Georgia (770) 719-2474 phone/fax

Wagner, A. P. (February 23, 2009). *Worried No More: Help and Hope for Anxious Children at School*

Workshop, School Assistance Professionals Association of Georgia, Atlanta, GA

Contact: Lisa Miller, Administrative Assistant, SAPA of Georgia (770) 719-2474 phone/fax

Wagner, A. P. (November 13, 2008). *Anxiety in the Classroom: Early Recognition and Effective Intervention*

Half-day workshop, annual conference of the New York State Association of School Psychologists (NYASP), Rochester, NY

Contact: Carla Greenfield, New York Association of School Psychologists 585.359.5326

Wagner, A. P. (November 6 and 7, 2008). *Up and Down the Worry Hill: User-Friendly Cognitive-Behavioral Therapy for Anxiety in Youngsters*

Two day training workshop for clinicians and school professionals, Child and Parent Resource Institute Ontario Ministry of Children and Youth Services, London, Ontario, Canada.

Contact: Mary Poole, Program Support Manager, CPRI 519 858-2774, ext. 2910.

Wagner, A. P. (November 4, 2008). *Anxiety and OCD at School: Early Recognition and Classroom Management*

Full day workshop for school support professionals, Greece Central Schools, Greece, NY

Contact Patrice LaPlaca, Greece Central School District 585.966.2945 X 2945

Wagner, A. P. (October 30, 2008). *Worried No More: User-Friendly Cognitive-Behavioral Therapy and Parenting Strategies for Anxious Children*

Full day workshop, Saratoga County Mental Health Center, Saratoga Springs, NY

Contact: Diane Fitzgerald, Youth Services, 518-584-9030

Wagner, A. P. (October 24, 2008). *Anxiety and OCD in School-Aged Children: Early Recognition and Effective Intervention*

Full day workshop, Putnam/Northern Westchester BOCES, Yorktown Heights, NY

Contact: Jeanne Gold, Ph.D. Guidance and Child Study Center, 914-248-2382

Wagner, A. P. (September 26, 2008). *User-Friendly Cognitive-Behavioral Therapy for Anxiety and OCD in Children and Adolescents*

Full day training workshop, Master Therapists Workshop Series, Department of Psychiatry, University of Connecticut Medical School, Farmington/Hartford, CT

Contact: Elizabeth Taylor-Huey, LCSW. (860) 679-1404

Wagner, A. P. (August 11-15, 2008). *Cognitive-Behavioral Therapy for Anxiety and OCD: Complexities and Challenges in the Treatment of Children and Adolescents*

Week-long intensive training for clinicians and school professionals, Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. (888) 394-9293 or (203) 422-0535 or www.cape.org

Wagner, A. P. (August 4-8, 2008). *Cognitive-Behavioral Therapy for Anxiety and OCD: User Friendly Treatment for Children and Adolescents*

Week-long intensive training for clinicians and school professionals, Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. (888) 394-9293 or (203) 422-0535 or www.cape.org

Wagner, A. P. (June 12-13, 2008). *User-Friendly Cognitive-Behavioral Therapy for OCD and Anxiety in Children and Adolescents*

Two-day workshop for clinicians and school professionals, Leading Edge Seminars Inc., Toronto, Canada

Contact: Michael Kerman 416-964-1133 www.leadingedgeseminars.org

Wagner, A. P. (June 11, 2008, 7-9 pm). *Tourette Syndrome, OCD and Anxiety*

Toronto Western Hospital, Toronto, Canada. Sponsored by the Tourette Syndrome Foundation of Canada.

Contact: www.tourette.ca/chapters_greatertoronto.php or call 416-799-6976

Wagner, A. P. (March 28, 2008). *Anxiety and OCD at School: Early Recognition and Classroom Management*

Full day workshop for school mental health professionals, Greece Central Schools, Greece, NY

Contact Patrice LaPlaca, Greece Central School District 585.966.2945 X 2945

Wagner, A. P. (February 8, 2008). *Obsessive-Compulsive Disorder and Anxiety Disorders: Effective Intervention*

Half-day workshop at the annual conference of the National Association of School Psychologists (NASP), New Orleans, LA

Contact: Jennifer Richards, jrichards@naspweb.org 301.347.1666

Wagner, A. P. (February 8, 2008). *Cognitive Behavioral Strategies for Test Anxiety: A Clinician's Perspective*

Half-day workshop at the annual conference of the National Association of School Psychologists (NASP), New Orleans, LA

Contact: Jennifer Richards, jrichards@naspweb.org 301.347.1666

Wagner, A. P. (February 1, 2008). *Anxiety and OCD: Early Recognition and Effective Intervention at School*

Full-day workshop at Williamsville Central School District, Williamsville, NY

Contact: Rosa L. D'Abate

Wagner, A. P. (January 25, 2008). *Anxiety and OCD: Early Recognition and Effective Intervention at School*

Full-day workshop at the annual conference of the Greater Rochester Association of School Psychologists (GRASP), Rochester, NY

Contact: Denise Daly 585. 324-9781 X 2365

Wagner, A. P. (December 7, 2007). *Anxiety and OCD: Early Recognition and Effective Intervention in the Classroom*

Full-day workshop sponsored by the Brighton Central School District, Rochester, NY

Contact: Mike Maloy 585.242.5199

Wagner, A. P. (Nov 30-Dec 1, 2007). *Worried No More: User-Friendly Cognitive-Behavioral Strategies for Anxious Children*

Conference on Anxiety Disorders sponsored by Harvard Medical School, Department of Continuing Education, Fairmont Copley Hotel, Boston, MA

Contact: Judy Reiner Platt, Ed.D., Director, Continuing Education in Psychiatry 212-595-4488

Wagner, A. P. (Nov 16, 2007). *Anxiety and OCD in Children and Adolescents: User Friendly Cognitive-Behavioral and Parenting Strategies*

Full day intensive training sponsored by the Mental Health Association of Suffolk County, NY and Division of Community Mental Hygiene, Suffolk County, Long Island, NY

Contact: Colleen Merlo, LMSW, colleenmerlo@mhasuffolk.org

Wagner, A. P. (November 9, 2007). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention in the Classroom*

Full-day workshop at the annual conference of the New Hampshire Association of School Psychologists, Concord, NH

Contact: Fredye Sherr, President, NHASP (603) 635-7822

Wagner, A. P. (Nov 1-2, 2007). *User-Friendly Cognitive-Behavioral Therapy for OCD and Anxiety in Children and Adolescents*

Two-day intensive training for professionals sponsored by The School of Social Work, Dalhousie University, Halifax, Nova Scotia, Canada

Contact: Louise Ghiz MSW, RSW, Coordinator Continuing Education 902-494-1353/2249

Wagner, A. P. (October 5, 2007). *Anxiety and OCD in the Classroom: Early Recognition and Effective Intervention*

Full-day workshop, Utah Association of School Psychologists, Salt Lake City, UT

Contact: Leah Voorhies, President Elect, UASP, leahv@usdb.org

Wagner, A. P. (September 29, 2007). *Cognitive-Behavioral Therapy for Youngsters with Tourette Syndrome, OCD and Anxiety*

Plenary address, annual conference of the Tourette Syndrome Foundation of Canada, Niagara Falls, ON

Contact: Rosie Wartecker, Executive Director, TSF (416) 861-8398 or 1-800-361-3120

Wagner, A. P. (July 20, 2007). *Obsessive-Compulsive Disorder in the Classroom: Early Recognition and Effective Intervention*

Half-day conference for Houston-area educators, Houston, TX

Contact: Linda McIngvale or Jeannette Cole (203) 401-2070 www.ocfoundation.org

Wagner, A. P. (August 6-10, 2007). *Cognitive-Behavioral Therapy for Anxiety and OCD: Complexities and Challenges in the Treatment of Children and Adolescents*

Week-long intensive training for clinicians and school professionals, Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. (888) 394-9293 or (203) 422-0535 or www.cape.org

Wagner, A. P. (July 30-August 3, 2007). *Cognitive-Behavioral Therapy for Anxiety and OCD: User Friendly Treatment for Children and Adolescents*

Week-long intensive training for clinicians and school professionals, Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. (888) 394-9293 or (203) 422-0535 or www.cape.org

Wagner, A. P. (March 29, 2007). *Obsessive-Compulsive Disorder and Anxiety Disorders: Effective Intervention*

Half-day workshop at the annual conference of the National Association of School Psychologists (NASP), New York, NY

Contact: Jennifer Richards, jrichards@naspweb.org 301.347.1666

Average numerical rating by attendees (5=excellent, 1=poor): **4.6/5**

Comments from participants:

- I have been to many workshops on OCD and this is the first one that has devoted significant time to intervention strategies that actually have substance and are feasible.
 - Excellent, easy to understand, well explained, humorous, good support handouts, great speaker, well informed, great examples.
 - Excellent workshop! Superbly presented.
 - Dr. Wagner is an excellent presenter. Well organized, knowledgeable, articulate, uses time allotted effectively.
 - This was a fabulous presentation! Handouts, presenter and Powerpoint were clear, concise, and exceptionally well thought out!
 - Very knowledgeable and pertinent to school psychologists; very organized.
 - Excellent presentation. Not just the same old stuff. After 20 years in the field, this presentation still captured my interest and attention.
 - The pace of the workshop was excellent for an afternoon session. The time went by quickly.
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Wagner, A. P. (March 29, 2007). *Cognitive Behavioral Strategies for Test Anxiety: A Clinician's Perspective*

Half-day workshop at the annual conference of the National Association of School Psychologists (NASP), New York, NY

Contact: Jennifer Richards, jrichards@naspweb.org 301.347.1666

Average numerical rating by attendees (5=excellent, 1=poor): **4.4/5**

Comments from participants:

- Super, super, great workshop!
- Excellent. By far the best presentation I've attended so far at this conference.
- Very insightful. Good use of examples and real-life scenarios.
- Well organized, presenter very knowledgeable, well-spoken. Provided several useful, relevant anecdotes and examples of strategies.
- Great ideas, well prepared to answer challenging questions.
- Dr. Wagner is very approachable; answered everyone's questions and very articulate, very experienced in her field.
- One of the best workshops I've attended.

Wagner, A. P. (March 27, 2007). *Child-Friendly Cognitive-Behavioral Interventions for Anxiety in Children: Research and Applications.*

Half-day workshop at the annual Education Conference sponsored by Goucher College, Baltimore, MD

Contact: Frona Brown, Ed.D, Assistant Professor of Education 410-337-6178 fbrown@goucher.edu

Average numerical rating by attendees (4=excellent, 1=poor): **3.9/4**

Comments from participants:

- Very practical—I can use these ideas tomorrow.
- She was informative, funny and down to earth.
- Excellent—thorough in a short amount of time—great practical strategies.
- Very helpful because the speaker offered so many specific ideas.
- It gave me new perspectives and insights, I found myself relating ideas to individuals in my life, my school and even myself.

Wagner, A. P. (March 2, 2007). *Worried No More: Help for Anxious Children in the Classroom*

Half-day workshop for school professionals, Lynnfield School District, Lynnfield, MA

Contact: Martha Waldo 781.334.5809

Average numerical rating by attendees (4=excellent, 1=poor): **3.9/4**

Comments from participants:

- This was very helpful. It was great to learn how to treat anxiety in school.
- We could have spent all day with Dr. Wagner—there was so much to learn, new ideas and resources to use.
- Lots of great information, organized presentation, good tools for parents/educators, great metaphors to “take home.”
- Thank you! You were inspiring and encouraging.
- This was an excellent mix of diagnosis, differential diagnosis and treatment options.

Wagner, A. P. (December 1, 2006). *Worried No More: Help for Anxious Children in the Classroom.*

Full-day workshop for educators and mental health professionals, Monroe-1 BOCES (Board of Cooperative Educational Services, comprising 10 school districts in Monroe County, NY).

Contact: Linda Bordwell 585.249.7022

Average numerical rating by attendees (4=excellent, 1=poor): **3.86/4**

Comments from participants:

- This was so beneficial. I would like to see it offered again so my colleagues could attend.
 - Dr. Wagner is a fantastic resource. I learned a ton—a very worthwhile workshop.
 - This was excellent—an easy presenter to listen to with a great sense of humor and practical, useful information. Kept my attention intact for the duration!
 - She presented the information in a very engaging way. I enjoyed listening to her.
 - I really liked this approach, and I feel that I can implement many of the things she suggested with my students. The personal stories and examples really helped me understand the concepts and symptoms.
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Wagner, A. P. (October 10, 2006). *Effective Child-Friendly Treatment for Anxiety and OCD: Part I*

Ninety minute workshop for parents and professionals at the Annual Conference of the Life Management Center, Charleston, SC

Wagner, A. P. (October 10, 2006). *Effective Child-Friendly Treatment for Anxiety and OCD: Part II*

Ninety minute workshop for parents and professionals at the Annual Conference of the Life Management Center, Charleston, SC

Contact: Hope Fowler 843.852.5705 or visit www.lifemanagement.org

Average numerical rating by attendees (5=strongly agree, 1=strongly disagree): **3.89/4**

Wagner, A. P. (September 28, 2006). *Understanding and Managing Test Anxiety: Cognitive-Behavioral Strategies*

Half day workshop for school professionals, Victor Central School District, Victor, NY

Contact person: Melissa Van Rensellaer 585. 924.3252

Average numerical rating by attendees (4=excellent, 1=poor): **3.69/4**

Comments from participants:

- You are a wealth of knowledge! Thank you.
- I like how realistic you are about what we do not have control over.
- Well covered review and reminders of things we inadvertently do to increase anxiety in kids
- What was most useful was how to communicate about tests, and the explanation of CBT and how to reduce test anxiety
- Your expertise is very beneficial. You give clarification and additional perspective to what I see in school.
- Very practical, humorous and realistic presentation.
- All the information is so helpful and enlightening
- Much of this will be very useful to my students, their parents and me.

Wagner, A. P. (July 31-August 4, 2006). *Cognitive-Behavioral Therapy for OCD and Anxiety: Effective and User-Friendly Treatment for Children and Adolescents*

Week-long intensive training for clinicians and school professionals at the Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. (888) 394-9293 or (203) 422-0535 or www.cape.org

Average numerical rating by attendees (5=strongly agree, 1=strongly disagree): **4.8/5**

Comments from participants:

- Dr. Wagner was extremely well prepared, articulate and organized. Her materials were excellent.
- Very organized, “real world” applicability. The feel was unexpectedly terrific.
- I really liked the quality and pace of the workshop: A lot of information presenting in an interesting, well-organized way.
- Excellent presenter. I learned how to develop specific hierarchies for OCD and anxiety.
- The workshop was wonderfully complete and detailed. It was a great learning experience.
- The workshop was great. I would definitely take an advanced workshop with Dr. Wagner.
- An excellent speaker, very knowledgeable. I liked the video clips—helpful way to learn.
- Well organized, informative, met goals, use of video clips—Dr. Wagner was a very good presenter!
- The knowledge of the speaker, the handouts and the references were excellent.
- Dr. Wagner’s skill and knowledge were terrific. She clearly knew the material and made things very interesting as well.
- Dr. Wagner was superb, expert, prepared and accessible. The level of the presentation was described accurately in the brochure and maintained very well in the workshop.

Wagner, A. P. (May 11, 2006). *Helping Anxious Children in the Classroom*

Two hour workshop for school professionals, Park Road Elementary School, Pittsford, NY

Contact person: Debbie Parnell (585) 267-3505

Wagner, A. P. (April 28, 2006). *Anxiety in the Classroom: Early Recognition and Effective Intervention*

Full day workshop for school professionals, Wayne County Schools, New York

Contact: Donna Stalker (315) 524-1072

Average numerical rating by attendees (4=excellent, 1=poor): **3.9/4**

Comments from participants:

- I do not as a rule, care for “workshops.” Today was exceptional! I hope Dr. Wagner will return to present to us again.
- 100% of this workshop was helpful to me!
- Excellent. I was constantly connecting this information to some of my students. Thank you!
- More staff needs to be invited. The overview and strategies will be very helpful.
- Very informative. Specific ways to cope with anxious students, the chance to ask questions, talk about cases was very helpful.

- My anxiety has been decreased by understanding how to work with anxious youngsters!
- It was so engaging and interesting due to Aureen's passion and expertise.
- Thank you for not playing any silly games!
- Excellent program, multitude of appropriate information. One of the most valuable programs I have attended
- What a privilege to have met you and know we have such a valuable resource locally.
- Great answers to questions, valuable suggestions to apply.
- This was excellent and has helped me look at students with a different perspective, along with practical ideas that are easy to implement.

Wagner, A. P. (April 6, 2006). *Anxiety in the Classroom: Early Recognition and Effective Intervention*

Half day workshop for school professionals, Victor Central School District, Victor, NY

Contact: Melissa Van Rensellaer (585) 924-3252

Feedback not available

Wagner, A. P. (March 17, 2006). *Anxiety in the Classroom: Early Recognition and Effective Intervention*

Full day workshop for mental health school professionals, Victor Central School District, Victor, NY

Contact: Kristin Swann, Director of Pupil Personnel Service, Victor CSD 585.924.3252

Average numerical rating by attendees (4=excellent, 1=poor): **3.99/4**

Comments from participants:

- Excellent workshop. Thank you!
- Very good ideas for intervention
- Great working knowledge, practical applications for school age children. I learned a lot.
- Fabulous. Thank you on a personal and professional level.
- Handouts were spectacular, increased knowledge about anxiety, extremely helpful
- Thank you for sharing your expertise.
- We need another day with Dr. Wagner to bring our case studies for a consult
- The entire presentation was extremely helpful, creative, practical with effective strategies
- The emphasis on school-parent collaboration, specific examples and handouts were very helpful

Wagner, A. P. (March 30, 2006). *Obsessive-Compulsive Disorder and Anxiety Disorders: Effective Intervention*

Half-day workshop at the annual conference of the National Association of School Psychologists (NASP), Anaheim, CA

Contact: Jennifer Richards, jrichards@naspweb.org 301.347.1666

Comments from participants:

- One of the best workshops I've attended in 15 years
- Excellent presentation, excellent workshop

- More of Dr. Wagner, due to content, and knowledge of the presenter I recommend a full day workshop.
- This was the best of the conference
- User friendly information/information presented was applicable and very useable
- Very knowledgeable, engaging speaker
- Good pace, clinician friendly/nicely paced—good energy of the speaker
- Presenter is well-organized, very knowledgeable, responsive, and good humored
- Enjoyed your spirit/humor, excellent, relevant, meaningful presentation
- Very practical—child friendly, very well organized and knowledgeable
- Fantastic, not derailed by lots of Q&A, organized
- Excellent opportunities for questions and appreciation
- Wonderful resources offered. Thank you for the insight
- Case studies added interest and applicability, were very helpful in the learning process
- Excellent format and I always learn from case studies and enjoy it when these are woven into the presentation
- Good, practical information, well prepared, well presented over an excellent workshop
- Good understanding now of OCD and anxiety disorder
- Don't change a thing—this was excellent
- Gave some practical and applicable tools. The tools offered can be utilized well
- Handouts were excellent, very good tools to take home

Wagner, A. P. (March 30, 2006). *Cognitive-Behavioral Strategies for Test Anxiety: A Clinician's Perspective*

Half-day workshop at the annual conference of the National Association of School Psychologists (NASP), Anaheim, CA

Contact: Jennifer Richards, jrichards@naspweb.org 301.347.1666

Comments from participants:

- Don't change a thing— Excellent presenter, clear and projected a professional demeanor that was comfortable and pleasant/excellent.
- Great workshop. Everything was great and I learned a lot of helpful information.
- Presenter repeated questions/comments so we all heard them.
- Excellent information, handouts were excellent.
- Multi-modal presenter very knowledgeable, clear.
- This workshop was very comprehensive.
- It was nice to have major time spent on strategies to work on problem and not just defining the problem.

Wagner, A. P. (March 10, 2006). *Worried No More: Help for Anxious Children in the Classroom.*

Full-day workshop for educators and mental health professionals, Monroe-1 BOCES (Board of Cooperative Educational Services, comprising 10 school districts in Monroe County, NY).

Contact: Linda Bordwell 585.249.7022

Average numerical rating by attendees (4=excellent, 1=poor): **3.8/4**

Comments from participants:

- Very good, practical suggestions. Student vignettes describe accurately what I see in my school.
- This was a very useful workshop. The presenter was extremely knowledgeable.
- Very practical application techniques.
- I learned a great deal. The thermometer, Worry Hill and handout will be great tools and resources.
- Presenter is very approachable and extremely helpful with practical steps.
- Loved the Feeling Thermometer! Very informative and helpful.
- Dr. Wagner is a wonderful presenter. She gives real-life examples that make it easier to understand.
- It was great! I loved the user-friendly examples, information and ideas.
- Easy to listen to, would recommend this workshop to others!
- Excellent teacher and speaker! Very down to earth and enlightening.

Wagner, A. P. (3 two-hour sessions, October and November, 2005). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention.*

Two two-hour sessions for all school personnel in the Pittsford School District, Pittsford, NY

Contact: Ruth Hollis, Director, Pittsford Teacher Center 585.218.1071

Comments from participants:

- Dr. Wagner is so easy to listen to. Her ability to relate to school-related anxiety is easy for school personnel to understand.
- I have a greater understanding of anxiety and she gave great strategies to approach anxious behaviors.
- This was an excellent workshop with lots of information to process and digest.
- This was an excellent program with great ideas. I have a lot of strategies in my “bag” now to try and make my teaching more productive/effective.
- A great learning experience—excellent presenter. Very knowledgeable, great handout. I learned so much.
- Wonderful blend of information and compassion.
- Thank you for the ideas that are practical to all grade levels.
- It was so helpful to listen to a well-organized presentation with so many tips and strategies.

Wagner, A. P. (November 18, 2005). *Anxiety and OCD in School: Early Recognition and Effective Intervention*

Half-day workshop for school counselors and teachers in Livingston, Wyoming, Steuben and Genesee Counties, New York state

Contact: Bonnie Roberts, School Counselor, (585)346-4000 Ext. 2005

Average numerical rating by attendees (4=excellent, 1=fair): **3.9/4**

Comments from participants:

- Loved it! Very practical, real-life examples I can use and fully understand. Easy to listen to, friendly, funny and “real.”
- This was better than a college course! Thank you! Wonderful use of metaphors as tools to work with children, case studies, clinical insights.
- Great presenter with good humor. The examples of “child-friendly” language were very helpful.

- It is nice to listen to a clinician who is so insightful with regard to what things are like in schools. Your ability to make realistic connections was very helpful.
- The entire presentation was wonderful. I liked the “happy head” and “worry head” strategy.
- It was an outstanding presentation. I really liked hearing about specific experiences with children.
- Speaker was dynamic! One of the best presentations I have ever attended.
- The handouts are awesome! I could listen more attentively because I didn’t have to take notes.
- Related workshop well to school-related situations with tangible advice.
- Awesome! This made so much sense. There is so much emphasis on medications and it was great to hear someone talk about other, more long-lasting strategies. I wish more people could hear this presentation.
- Thank you for the Worry Hill metaphor. I have already used it several times with my students and have found it very effective.
- I would love to purchase a video of this presentation to review later and to share with my colleagues.

Wagner, A. P. (November 3, 2005). *Anxiety in the Classroom: Early Recognition and Effective Intervention*

Half-day workshop presented at the annual conference of the New York State Association of School Psychologists (NYASP), White Plains, Westchester County, NY

Contact: John Kelly, Ph.D, President, New York Association of School Psychologists 631.912.2122

Average numerical rating by attendees (4=excellent, 1=fair): 3.9/4

Comments from participants:

- Excellent presentation. It will help me to better address the needs of students and parents.
- Thorough handout. Good pace of presentation. I appreciate that you do not over-simplify or belabor your points. So glad to have all this information in one resource. Thank you!
- Excellent presenter. I learned a lot as a professional and a parent. Upbeat, funny, your experience and maturity is evident.
- Very thorough, clear and well organized. The handouts were great.
- Dr. Wagner was excellent and a delight to listen to.
- This presentation was so comprehensive. The specific strategies to treat anxiety were very helpful.
- The school refusal piece and what to do about it was very specific and helpful.
- Dr. Wagner is superb; a great speaker, chock full of excellent information.
- It was a very positive and practical presentation, with so many ideas and tips I can use immediately.

Wagner, A. P. (October 21, 2005). *Practical Applications of Cognitive-Behavioral Therapy for OCD and Anxiety in Children, Adolescents and Adults*

Full day workshop for clinical practitioners and school professionals, Buffalo Marriott, Amherst, New York. Co-sponsored by The Psychological Association of Western New York (PAWNY), University at Buffalo School of Medicine and Biomedical Sciences, and New York State Psychological Association (NYSPA). 6 CEU credits through APA.

Contact: Robert Kamman, Ph.D. at buisrjk@gw.omh.state.ny.us or (716) 816-2337

Comments from participants:

- Thorough, well-organized and practical; excellent, useful information and techniques
- Dr. Wagner shared her expertise in a down-to-earth fashion without being aloof, which helped me make a connection to her and the material, fostering engagement.
- The applied focus of this presentation was wonderful! Such a switch from the theoretical.
- Well done! A wealth of information clearly presented and well organized. Thank you!
- It was an excellent, well-organized, informative presentation.
- This training was extremely practical—great explanations for assessment, specific treatment techniques. Case studies and examples of clients very helpful. Use of humor wonderful!

Wagner, A. P. (July 2005). *Cognitive-Behavioral Therapy for Anxiety and OCD: Effective and User-Friendly Treatment for Children and Adolescents*

Week-long intensive training presented to clinicians and school professionals at the Cape Cod Institute, Cape Cod, MA

Contact: Gilbert Levin, Ph.D. (888) 394-9293 or (203) 422-0535 or www.cape.org

Average numerical rating by attendees (5=strongly agree, 1=strongly disagree): **4.74/5**

Comments from participants:

- Dr. Wagner was fabulous—very practical, useful information presented in an organized manner. I learned a lot. The perfect blend of academic and clinical information.
- Dr. Wagner was great! What I loved is the down-to-earth methods and easy language. I am leaving with solid and concrete skills and tools to take to my practice and clients.
- The course was outstanding! Dr. Wagner presented her user-friendly suggestions for working with children with anxiety.
- Dr. Wagner is extremely knowledgeable and able to share that knowledge effectively. I would highly recommend her workshop to other professionals.
- Dr. Wagner was excellent. If she could do an advanced CBT for children course it would be great.
- What I liked most about the institute was the speaker, her expertise, her presentation, organization and sense of humor.

Wagner, A. P. (April 14 and 28, 2005). *Managing Anxiety in the Classroom*.

Half-day workshop presented to school personnel, West Irondequoit School District, Irondequoit, NY

Contact: Karen Finter, Director, West Irondequoit Teaching Learning Center 585.336.3144

Average numerical rating by attendees (4=excellent, 1=fair): **3.76/4**

Comments from participants:

- Excellent, I enjoyed this very much
- Great workshop! I learned tons about anxiety, red flags and ways to help children overcome anxiety/OCD issues
- Very knowledgeable speaker; great information, thorough presentation
- Everything about this workshop will really help me personally and professionally. Thanks!
- Thank you for many useful insights into anxiety and strategies for coping
- Thanks for the tremendous information. Learned new techniques to use at home and in the classroom
- The discussion around readiness versus motivation was very helpful

- The Fearmometer and Worry Hill explanation was very useful
 - The case studies were very helpful and the handouts were very clear and useful
 - I enjoyed this presentation and will be able to use the information in my daily work
 - I will use the Fearmometer as a tool in my work; very nice workshop
-

Wagner, A. P. (March 10, 17, 24, and 31, 2005). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention.*

Four two-hour sessions, two for elementary school staff, two for middle and high-school staff, for all school personnel in the Pittsford School District, Pittsford, NY

Contact: Ruth Hollis, Director, Pittsford Teacher Center 585.218.1071

Average numerical rating by attendees (4=excellent, 1=fair): **4/4**

Comments from participants:

- Excellent presentation and handout, well-designed information
 - I really learned a lot. Thank you!
 - Concise, practical and relevant. The anecdotes were helpful in understanding concepts
 - It was great! I really liked the strategies, practical examples, user-friendly explanations, feeling thermometer
 - The information was clear and appropriate not only for teachers but also for parents. I'll be able to respond more appropriately to a child in distress
 - Very great lessons to learn—I learned so much about OCD that I didn't know, especially habituation
 - I thoroughly enjoyed learning about this topic. You are an excellent presenter
 - Wow—she really knows her information. I'm very impressed. I loved her stories of specific students. I really, really enjoyed this. She spoke directly and easily
-

Wagner, A. P. (March 3, 2005). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention in the Classroom.*

Full-day pre-convention workshop, presented at the annual meeting of the South Carolina Association of School Psychologists, Litchfield Beach, SC

Contact: Joseph Prus, Ph.D., Professor, Director of the Graduate Program in School Psychology, Winthrop University, SC. 803.323.2341 or visit www.scaspweb.org/conference.html

Average numerical rating by attendees (4=excellent, 1=fair): **3.87/4**

Comments from participants:

- The best workshop I've ever attended and the most I've ever learned at a workshop
- The best presentation I've ever attended at SCASP. Great examples to bring it to life.
- This was tremendously helpful for me in suggesting intervention ideas to parents
- Extremely knowledgeable, excellent in presenting the material in a clear, organized way
- One of the best workshops I have attended. I learned a great deal
- I could sit through another day of your presentation—something I can rarely say no matter how wonderful the presentation
- Excellent organization of theory and practical applications. The presentation was able to bridge the clinical and school gap

- Related well to school audience, very succinct, well organized, good examples
- Overall, excellent organization, details, practical examples, case studies, and majority of time spent on strategies to deal with anxiety/OCD
- Articulate, very knowledgeable, the best workshop I've attended
- Dr. Wagner was very interesting, easily understood and very practical. She used many case histories and examples which were very helpful in understanding how to apply the techniques
- The case studies and "child-friendly" language were very helpful
- Very good handouts made it easy to follow. She was practical with an approachable style
- All the best instructional techniques—multisensory presentation, clear delivery, team approach, respectful of all concerned. Have her back for another workshop!
- Relaxed presentation, confident, conversational, excellent use of humor, very natural—one of the best presentations I have seen
- So organized and logical with specific case information that brought points to life.
- Real practical, common sense approach, not just theory. Continue with a follow-up workshop with Dr. Wagner

Wagner, A. P. (March 2005). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention in the Classroom*

Full-day workshop for mental health staff at East Irondequoit School District, NY

Contact: Chris DiPaola, East Irondequoit Central School District, 585.339.1267

Average numerical rating by attendees (5=excellent, 1=poor): **4.97/5**

Comments from participants:

- The best training I have ever attended! I'll use many of the techniques. She knows her audience.
- Wonderful presenter, very good examples, gave me a great understanding of OCD and anxiety.
- Excellent presentation!
- I plan to use the Worry Hill metaphor, fear thermometer in my classroom; share resources with parents and staff.
- I can leave here today with a heightened awareness of different types of anxiety and how to work with anxious students.
- Some great "aha" moments for me as I realized my own anxiety over issues that then affects students

Wagner, A. P. (January 2005). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention in the Classroom*

Two-hour workshop for school counselors from three counties in New York state. Sponsored by the Warner Graduate School of Education at the University of Rochester, Rochester, NY

Contact: Karen Mackie, Outreach Coordinator for Counseling, Warner Graduate School of Education, University of Rochester, NY 585.275.9557

Average numerical rating by attendees (4=excellent, 1=poor): **3.97/4**

Comments from participants:

- Great, great speaker! Best workshop I have attended in many years (in 28 years as a professional).
- The most outstanding presenter I have heard in years! The handout was great.
- Outstanding! Worth coming for this on a bad travel day.

- Brilliant...The talk was very interesting! Stimulating presentation style.
- Thank you so much! I don't know when I've sat through a presentation that is so practical to what I do in my daily work. I learned a great deal.
- I am so glad I attended this workshop. It was great and I loved the strategies.
- A wealth of clear, concise, valuable information to take back and share.
- This is the best presentation I have attended in many years. Thank you! I will bring to my district a tremendous wealth of information and specific plans on how to help so many anxious children.
- Warm, funny, engaging. Dr. Wagner is wonderful. We need more time with her.
- Excellent presenter and presentation. I would love more time to expand on the presentation.
- Extremely informative. The overview of the CBT process is so important for me. Also most helpful were the Worry Hill metaphor and the fearmometer.
- Excellent, very well-spoken and thought-out. Tons of useful, relevant information.
- Everything about this workshop was great! The handouts were great. The information and knowledge will help so much. The concrete skills I can use immediately.
- Absolutely excellent presentation. Your style was informative, humorous and interesting.
- Great speaker, easy to listen to, good sense of humor, empathic, very thorough information, strategies, feeling thermometer and ways to verbalize to children.
- Great presentation! I would recommend having a full-day workshop with Dr. Wagner
- Excellent! We need a full-day workshop.

Wagner, A. P. (January/February 2005). *Test Anxiety in Children: What you can do about it.*

Two-sessions totaling 3 hours with combination of presentation and consultation, presented to school staff at Pittsford Elementary Schools, Pittsford, NY

Contact: Carole Schwab, Principal, Pittsford Jefferson Road School, 585. 218.1300

Average numerical rating by attendees (4=excellent, 1=poor): **3.94/4**

Comments from participants:

- Thank you so much. You are so knowledgeable.
- It was excellent. The Fearmometer and learning to take control of your fears to make them work for you were great concepts.
- Very clear and well organized, with great, useful information. The question/answer session was very helpful.
- This was excellent. Very helpful format and well-prepared materials. Your Feeling Thermometer has been very helpful. Thanks for the suggestions for parents as well as teachers.
- What was most helpful was the understanding of the Worry Hill and the Feeling Thermometer, as well as specific wording and language to use with children.
- This was excellent. I love the idea of the index card.
- This was great. I love the idea of scripting myself and reading back to see how it sounds to kids.
- I would like to have more of Dr. Wagner's talks.

Wagner, A. P. (January 2005). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention in the Classroom.*

Two-hour workshop for mental health staff (psychologists, social workers and counselors) in Webster School District, Webster, NY

Contact: Shelly Cahoon, Director of Pupil Services, Webster School District, 585.216.0034

Comments from participants:

- Excellent workshop. Very sequential, great concept of riding Up and Down the Worry Hill—stay with anxiety until it peaks.
- Thank you! This was an extremely helpful workshop. I would like more opportunities to hear Dr. Wagner. The specific examples and clear explanations were great.
- The discussion of treatment, management strategies, child-friendly metaphors and analogies were very helpful.
- I wish I knew more therapists who were as educated as you. This was terrific.
- The explanation of the anxiety triad and the reciprocal relationship between anxiety and avoidance was very clear and helpful. I'd like a longer workshop.
- Very informative and helpful. A longer workshop would be very valuable.
- Thank you for sharing your information and experiences with us. The handout was terrific—being so complete, it allowed me to really listen to the presentation.
- The handouts were excellent! The examples were very helpful.
- This was great. I would love for you to come back again to present.
- This was an excellent presentation. I would like to learn more.

DR. WAGNER'S WORKSHOPS PRIOR TO 2005

Wagner, A. P. (November 2004). *Anxiety and OCD in Children and Adolescents: Early Recognition and Effective Intervention in the Classroom.*

Full-day workshop for educators and mental health professionals, Monroe-1 BOCES (Board of Cooperative Educational Services, comprising 10 school districts in Monroe County, NY).

Contact: Mary Balme, Assistant Superintendent for Instruction 585.249.7026

Average numerical rating by attendees (4=excellent, 1=poor): **3.94/4**

Wagner, A. P. (October 2004). *Anxious Children and Adolescents: How can school personnel help?*

Two-hour workshop at the annual conference of the New York State Association of School Psychologists (NYASP), Buffalo, NY

Contact: Robin Raphael, NCSP, President, New York Association of School Psychologists 716.250.1459

Wagner, A. P. (May 2004). *Anxious Children and Adolescents: How can school personnel help?*

Two-hour workshop for school personnel Pittsford Elementary Schools staff

Contact: Carole Schwab, Principal, Pittsford Jefferson Road School 585. 218.1300

Wagner, A. P. (May 2004). *Anxious Children and Adolescents in the Classroom*

Two-hour workshop for school personnel, West Irondequoit Teaching Learning Center

Contact: Laramie Brown, Director, West Irondequoit Teaching Learning Center 585.336.3144

Wagner, A. P. (January 2004). *Anxious Children and Adolescents: How can school personnel help?*

Half-day workshop for school psychologists and social workers in the Consortium on Trauma, Illness & Grief in Schools, Monroe County, NY (comprised of six school districts).

Contact: Elizabeth Meeker, PsyD., Program Manager, 585. 613.7632

Wagner, A. P. (October 2003). *Anxious Children and Adolescents in the Classroom: What school personnel can do to help.*

Full-day workshop for educators and mental health professionals, Monroe-1 BOCES (Board of Cooperative Educational Services) comprising 10 school districts in Monroe County, Western NY.

Contact: Lea Levin, Assistant Superintendent, Instructional Support 585.249.7024

Wagner, A. P. (April 2003). *Anxiety and Obsessive-Compulsive Disorder in Children and Adolescents: What School Personnel can do to Help.*

Half-day workshop for educators and mental health professionals, Monroe-2 Orleans (Board of Cooperative Educational Services) comprising 9 school districts in Monroe and Orleans counties, Western New York.

Contact: Mary Ellen Zickl, CSE Chairperson, Churchville-Chili Central Schools 585. 293.1800 X 2460

Wagner, A. P. (March 2003). *Obsessive-compulsive disorder: How can school personnel help?*

Full-day workshop for mental health professionals, Ithaca School District and Tompkins-Seneca-Tioga BOCES, New York.

Contact: Elaine Little, Director of Special Education, Ithaca City School District 607. 274.2664

Wagner, A. P. (November 2002). *Cognitive-Behavioral Therapy: Practical Applications for Anxious Children and Adolescents*

Four hour workshop for educators and therapists at the Conference on Anxiety Disorders organized by the National Alliance for the Mentally Ill (NAMI), Cuhayoga County, Cleveland, OH

Contact: Michelle Strah, Ph.D. Chair of the Education Committee, NAMI 440.333.9944

Wagner, A. P. (October 2001). *Obsessive-Compulsive Disorder in School-Aged Children.*

Two-hour workshop for parents and educators, Tompkins-Seneca-Tioga (Tri-county) BOCES and PTA, Ithaca, NY.

Contact: Patricia Flaccus, Coordinator, SETRC Center 607. 257.1551

Wagner, A. P. (August 2001). *Helping Anxious Children and Adolescents at School: A Collaborative Partnership.*

Full-day workshop for mental health professionals in the Penfield School District, Penfield, NY.

Contact: Linda Dengal, Harris Hill School 585. 249.6600