



• **Interrupting the Worry Cycle: Advanced Strategies for Managing Anxious Students (& Parents!) •**

Presenter: Lynn Lyons, LICSW

Who Should Attend: *Educators, Administrators, Special Educators, Mental Health Professionals, Nurses, School Counselors, Psychologists, Pediatricians, Interested Parents*

Anxiety is a persistent master. When it moves in, it takes over daily routines, learning, recreation, and social connection. To make matters worse, the things adults (including many therapists and school systems) do to help anxious children can actually make the anxiety stronger. All these children put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem: anxiety is the top reason that parents seek help from a mental health provider, a top predictor of developing depression in adolescence or early adulthood and is perceived as “epidemic” by educators and parents across the country.

What we teach children about risk, danger, uncertainty, and problem-solving makes a huge difference in whether they go on to become anxious or depressed teens and adults. In this workshop, you will explore concrete and often counter-intuitive strategies that educate children and adults about anxiety and provide an “umbrella approach” that is applicable to all the anxiety disorders and OCD. This workshop will demonstrate HOW to interrupt anxiety’s cognitive patterns with simple, process-based strategies that offer an alternative to techniques that inadvertently support avoidance of anxious symptoms. Lynn will offer proven strategies that help children manage anxiety, change their relationship to worry, and prevent lifelong patterns that lead to depression, avoidance and other physical and emotional challenges.

Lynn Lyons, LICSW is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. Lynn’s approach uses humor, playful connection, and a constant focus on DOING, an umbrella strategy she has taught to thousands of professionals and families.

Date: October 10 & 11, 2018
Location: Stoweflake Mountain Resort
Stowe, Vermont
Cost: \$420
Time: 8:30-3:30

Overnight accommodations at the Stoweflake are available at a discounted rate of \$199 for participants. Please call 1-800-253-2232 and mention this VT Higher Education Collaborative workshop when making your reservation.



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