



Working with Anxiety in Children & Adolescents

A professional development seminar.

Anxiety is the most common child and adolescent mental health concern. For as many as 1 in 5 young people, anxiety interferes with day to day living. The effects can ripple from children, to their families, to the classroom, and into friendships. Anxiety can potentially undermine the way children and teens see themselves, the world and their important place in it – but it doesn't have to be this way. Anxiety is very manageable and all children can be strengthened against its intrusive effects. This dynamic workshop will explore anxiety and offer a range of practical, powerful interventions to assist participants to respond effectively within their own professional context. Participants will learn:

- the neuroscience of anxiety – why anxiety feels the way it does;
- what all children need to know about anxiety and how to use this to move towards brave behaviour;
- how to recognise when anxiety is fuelling behaviour, and how to respond;
- avoidance and anxiety;
- the popular behaviour management techniques that can make anxiety worse, and what to do instead;
- how to connect with anxious children in ways that will move them forward;
- changing the mindset – why the way children think about anxiety matters, and engaging a strength-based model of anxiety to calm anxiety and build resilience;
- how to respond to anxiety in the moment to make way for brave behaviour;
- practical, proven strategies to strengthen children against anxiety in the short and long term;
- building their anxiety toolbox;
- how loving parents might inadvertently feed anxiety and what they can do instead;
- how to nurture the neural foundations of resilience;
- how behaviours are built in the brain – why old responses to anxiety can feel tough to change, and the simple explanation for children and parents that can build resilience and grit.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.