



Anxiety in Children & Teens

A Two-Day Intensive Workshop

A professional development seminar for teachers and school professionals.

Anxiety is one of the most pervasive mental health concerns of childhood and adolescence, but it is very manageable. With modern advances in neuroscience, brain imaging and research, we have never been in a stronger position to understand anxiety and respond with targeted, powerful therapeutic interventions. Modern insights have greatly expanded our capacity to support young people through anxiety, and broaden their capacity to engage with all aspects of daily life with tenacious levels of resilience and courage. This two-day workshop will draw on neuroscience and a number of highly respected therapeutic models to support practitioners in deepening their understanding of anxiety in young people, and their therapeutic response. This will be bolstered by a ground-up approach, as we extend the exploration of what works, by understanding 'how'. Through a series of experiential exercises, participants will have the opportunity to consolidate learnings and expand their range of therapeutic interventions. We will explore:

- the neurobiology of anxiety and how to use this as a scaffold for therapeutic change;
- the different ways anxiety can manifest in young children and adolescents;
- how anxiety can interfere with learning and higher-order functioning, and how to respond to strengthen learning, behavioural, and relational outcomes;
- why popular responses to common behavioural challenges don't work, and what to do instead;
- how to build high-quality relationships with children and teens and why this is a fundamental part of treatment;
- making sense of separation anxiety and school refusal, and how to respond effectively to support brave behaviour;
- the neural foundations of resilience, and the experiences that will nurture this;
- how to support parents in being change-makers;
- practical ways to respond to anxiety in the moment to make way for calm and courage;
- the four key responses to anxiety, and how to use this to inform a more effective response;
- why old responses to anxiety can be resistant to change, and the simple explanation for young people that can break through this and build resilience and courage;
- the neuroscience of self-regulation, co-regulation, and the impact on anxiety immediately and in the long-term;
- how a young person's attachment history can impact anxiety and how to work with this in the therapeutic relationship;
- the relationship between trauma and anxiety, and how to build relationships that heal and protect;
- the neurobiology of compassion – the strategies to neutralise anxiety and activate approach, courage and resilience;
- practical strategies to diminish the inner experience of anxiety.

(This workshop will complement the one-day workshop, but it is not necessary to have attended the one day workshop to participate in the two-day intensive.)



About Karen Young

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Karen has worked as a psychologist in private practice, and organisational and educational settings. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both 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.