

# Anxiety Disorders in Grade School Children

FREE Live Virtual Course

October 4th and 6th 1 pm–4 pm EDT  
December 13th and 15th 1 pm–4 pm EST

5.5 Psychologist and Social Work CE Credits  
Available for a \$35 fee at time of registration

Presented by:



Register: [www.ihs-trainet.com/training](http://www.ihs-trainet.com/training)

## Anxiety Disorders in Grade School Children 6 hrs (Two 3-hr virtual sessions)

Choose from

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December 13th and 15th from 1 pm – 4 pm EST

Anxiety Disorders are one of the most common mental health diagnoses in school-age children. We will focus our attention on grade school children ages 5 to 10 years. Diagnosing can be complicated by overlapping symptoms with other concerns including ADHD and angry outbursts. We will review several anxiety diagnoses seen in children and consider how symptoms impact day-to-day life and developmental tasks. Treatment of younger children is most successful when parents or caregivers are able to support their child in "shrinking the worry monster". We will discuss ways to align with the child and family as they create an action plan to best address the child's needs at home, in the community, and at school.

This intermediate-level course is appropriate for psychologists, social workers, counselors, educators, and other human services professionals working with children and their families who are dealing with anxiety issues.

### Participants will be able to:

1. Describe anxiety disorders common in school aged children and their impact on developmental tasks.
2. Describe treatment strategies effective in treating anxiety disorders in children.
3. Utilize a collaborative approach when working with children and their families to address anxiety symptoms.
4. Identify methods to help children creatively take charge of "shrinking the worry monster."
5. Develop action plans to address children's needs at home, in the community and at school.

### Continuing Education Credits



The Institute for Human Services is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Human Services maintains responsibility for this program and its contents.



The Institute for Human Services, #1802, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.



Organizations, not individual courses, are approved as ACE providers. States and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Institute for Human Services maintains responsibility for this course.

**This training is approved for 5.5 Psychologist and Social Work CE credits.**

**Note:** This course is offered in multiple segments via Zoom. A few days prior to the session you will receive connectivity instructions via email. **To earn CE credits, participants must attend both sessions in entirety, remain on camera, complete an evaluation, and pay the \$35 CE fee at time of registration.**

**Questions?** Email [training@ihs-trainet.com](mailto:training@ihs-trainet.com) or contact our office at 614-251-6000 Monday through Friday between 9 a.m. and 5 p.m. EDT. If you need additional accessibility supports, please contact us in advance of the training to make necessary arrangements. **[View our Grievance and Refund Policy.](#)**

### About the Trainer:



**Laura Gaines, MSW, LISW-S**

Laura has twenty years' experience as a child and adolescent mental health clinician and Crisis Text Line volunteer. Laura worked with children, their parents, and their school districts to diagnose, treat and manage anxiety disorders in children at home and in the community.

Her goal was to empower even the youngest child to find ways to "shrink the worry monster" so that they could focus on having fun, building relationships, and learning. Trainer and researcher regarding resilience as an individual and community skill. Laura provides clinical consultation regarding child and adolescent mental health. Her trainings focus on child development, mental health, developmental disabilities, ethics, trauma informed care, resilience, and each person's individual solutions to life's challenges.