



****CONFERENCE****
Nationally Known Speaker

Helping the Worried Child



Practical Strategies for Dealing with Anxiety in the Classroom & Therapy Room

April 5, 2024
10:00 am - 1:15 pm EST
Via ZOOM

The link will be sent 2-3 days prior to the session

Presenter:

Aimee Kotrba, Ph.D.

TARGET AUDIENCE

- Psychologists – Licensed & School
- Social Workers LMHCs
- Teachers Administrators
- Speech/Language Pathologists

CEU/CPD hours available. See pg. 2 for disciplines

For Staff Working with Ages:

- Preschool Elem MS HS

Level / Teaching Methods: Intermediate; Lecture

Sponsored by:

Family of Kidz - Kidz Conference Services

1400 Old Country Road, Westbury, NY 11590

P: 516-806-6969 F: 516-806-6950

www.familyofkidz.com

COURSE DESCRIPTION

**Help your anxious student thrive through
practical, easily implemented strategies to
increase confidence and bravery!**

Anxiety in children is increasing at a startling rate and is causing significant disruptions and difficulties in the classroom and therapy room.

Through interactive learning, videos, and engaging presentations, this course will provide information on identifying anxiety disorders in children and adolescents and will give practical strategies for helping children and adolescents decrease anxiety and increase social, emotional, and academic participation. Additionally, participants will learn simple, easy-to-implement behavioral and cognitive-behavioral strategies for addressing anxiety in the classroom, related service settings and in both school-based counseling and psychotherapy sessions.

Learner Objectives: *Upon completion of this course, participants will be able to:*

- Describe the avoidance cycle and how it pertains to anxiety disorders.
- Summarize strategies to differentially reinforce brave behavior while reducing avoidant and anxious behavior.
- Identify interventions that parents can be using in the home to also facilitate emotional growth and reduce anxiety.

Agenda

- Where does anxiety develop (60 min)
- General intervention strategies for reducing anxiety (60 min)
- Break (15 min)
- Classroom specific intervention strategies (15 min)
- Therapy specific intervention strategies (15 min)
- How to talk to parent about their child's anxiety (30 min)

ABOUT THE SPEAKER

Dr. Kotrba graduated with her doctorate degree in clinical child psychology from Wayne State University and has owned Thriving Minds since 2012. She loves clinical work but has also taught graduate-level psychology at Michigan State University and has worked as a neurodevelopmental consultant/evaluator at St. Joseph Hospital for over 10 years. She is a nationally known expert and speaker on the identification and treatment of Selective Mutism, a childhood anxiety disorder, and loves working with families to promote "brave talking".

Dr. Kotrba has authored **Selective Mutism: An Assessment and Intervention Guide for Therapists, Educators, and Parents** and **Overcoming Selective Mutism: A Field Guide for Parents**. She created and co-directs Confident Kids Camp, a camp for children and teens with Selective Mutism that runs annually in Brighton Michigan (with offshoot camps in the metro DC area and Toronto, Canada). She also provides education to parents, school personnel, and professionals about Selective Mutism, offering informative and engaging webinars including **Unlocking the Mystery of Selective Mutism**.

DISCLOSURE INFORMATION:

Financial - Dr. Kotrba is receiving a speaker's fee for presenting these workshops. She owns Thriving Minds and co-directs Confident Kids Camp. Dr. Kotrba receives royalties for her books.

Non-Financial - No relevant interests

CERTIFICATES OF ATTENDANCE / CEUs

Attendance for the entire session is required for Certificates of Completion and/or CEUs (where applicable).

REGISTRATION INFORMATION

Individuals: Register online with credit card or e-check
www.FamilyofKidz.com

District/Agency Payments: Register online by credit card (preferred).
Contact Tesa at 516-806-6969 x4181 for information and procedures on how to submit Registrations for Purchase Orders (form required).

Registration Fees:

General Registration	\$95
*Family of Kidz Staff Registration	\$80

**Kidz staff registration discount is applicable only to those with at least one active case through our agency*

Refund & Cancellation Policy: A handling fee of \$35 will be deducted for all cancellations. Refund/Cancellation requests must be received by mail/e-mail no later than 10 business days prior to the session. **No cancellations/refunds will be issued if requested after 03/25/24.**

Kidz Conference Services reserves the right to cancel due to insufficient registrations or extenuating circumstances. Full refunds will be given if the conference is cancelled by KCS due to weather or other unforeseen circumstances.

Cancellations Due to Weather or Other Circumstances: see Announcements on our website www.FamilyofKidz.com; top of the main page.

Special accommodations: Should you require reasonable accommodations; a request must be received *no later than four weeks prior to the session* via email to: Conferences@FamilyOfKidz.com.

For Information: Tesa at 516-806-6969 x4181

CEU / CPD INFORMATION

Kidz Conference Services, LLC SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0147.
(3 NYSED SBSW Contact Hours)

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Kidz Conference Services, LLC is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #23368. **(3 hrs.)**

Kidz Conference Services, LLC is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0118. **(3 contact hours)**



Kidz Conference Services, LLC is approved by the National Association of School Psychologists to offer continuing education for school psychologists. **(3 NASP CPDs)**



Kidz Conference Services

Intermediate Level
.3 ASHA CEUs

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