



**** CONFERENCE ****

Nationally Known Speaker

The Anxious-Worried Child



School-Based Strategies for Mitigating Anxiety and Stress in Children and Adolescents

Presenter:

Aimee Kotrba, Ph.D.

8:00 am - 4:00 pm

Locations:

Dec 7, 2023 • New Rochelle, NY

Hotel NoMa - Empire Ballroom

- OR -

Dec 8, 2023 • Brookville, NY

LIU Post - Humanities Hall (Rm 119)

Continental Breakfast will be served

TARGET AUDIENCE

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

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:

- Identify the common types of anxiety disorders and the interventions most suited to each disorder.
- 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

8:00 Registration Check In & Continental Breakfast

8:30 Identifying anxiety and common diagnoses

9:15 Where does anxiety develop?

10:00 Break (15 minutes)

10:15 The anxiety cycle and maintaining factors

12:00 Lunch (1 hour)

1:00 Strategies for addressing anxiety in the classroom

1:45 Strategies for reducing anxiety in school-based counseling & treatment

2:30 Break (15 minutes)

2:45 How to talk to parents about their child's anxiety

4:00 Presentation Ends; Questions & Answers, Sign-out & distribution of certificates

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. She 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). **Purchase Orders:** 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 <i>Early Bird until 11/17</i>	\$220
General Registration	\$250
Kidz Staff Registration	\$200

Registrations received after 5pm on Nov 21 will incur an additional fee of \$35.

Refund & Cancellation Policy: A handling fee of \$35 will be deducted for all cancellations. Refund requests must be received by mail/e-mail no later than 10 business days prior to the session. **No refunds will be issued if requested after 11/27/23.**

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. **(6 NYSED SBSW Contact Hours)**

Kidz Conference Services, LLC is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0040. **(6 NYSED PsychBd Contact Hrs.)**

Kidz Conference Services, LLC is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #23368. **(6 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. **(6 contact hours)**



Ensuring High Quality Professional Development

Kidz Conference Services, LLC is approved by National Association of School

Psychologists to offer continuing education for school psychologists. **(6 NASP CPDs)**



ASHA CE
APPROVED PROVIDER

Kidz Conference Services

Intermediate Level
.6 ASHA CEUs

ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures.

LOCATION INFORMATION

Hotel NoMa

1 Radisson Plaza, New Rochelle, NY 10801
From Points North – I-95 South to Exit 16 New Rochelle. *Bear left onto Cross Westchester Ave. Stay in left lane. Continue straight under railroad bridge onto Cedar St. Turn left onto Radisson Plaza (Toyota Dealer on left). Turn right into Hotel NoMa entrance.

From Tapan Zee Bridge – I-287 East to Exit 12 - I-95 South. Follow I-95 South to Exit 16 New Rochelle. *Follow directions above **From Points North.**

From Points South – I-95 North to Exit 16 – New Rochelle. Stay in middle lane and turn left onto Garden St. Turn right onto Cedar St. and proceed straight under railroad bridge. Turn left onto Radisson Plaza (Toyota Dealer on left). Turn right into Hotel NoMa entrance.

LIU Post

720 Northern Blvd, Brookville, NY
Humanities Hall – Room 119

From Northern Blvd - Enter LIU Post campus at West Gate and bear right onto Post Lane.

For Parking – pass the second building on left (Kahn Discovery Center (#38)) and turn into large parking lot (Tilles Center #39). DO NOT PARK IN LOT immediately adjacent to Kahn Discovery Center.

Humanities Hall (#34) is BEHIND Kahn Discovery Center. Follow posted signs.

