

09-211b Treating of Childhood Anxiety Disorders—6 Hour Seminar

Edward H. Plimpton, Ph.D.

Thursday, June 18, 2009 9:00 a.m. - 4:00 p.m.

Course Description

This seminar will provide an overview of anxiety disorders seen in childhood and how a combination of narrative and cognitive behavior therapy can be used in the treatment of these conditions. The relative interaction of biological variables and environmental variables will be reviewed with a consideration of research with nonhuman primates.

The issue of how to diagnose conditions such as Obsessive-Compulsive Disorder, Selective Mutism, Separation Anxiety and Social Phobia will be considered along with common problem of comorbid conditions such as Bipolar Disorder and Attention Deficit Hyperactivity Disorder. Case examples will be provided to illustrate how to implement a treatment plan.

Faculty: Edward H. Plimpton, Ph.D. – Clinical psychologist, Children’s Clinic, Cutchins Programs for Children and Families, Northampton, MA. Private practice, Northampton, MA. Author and lecturer in a wide range of topics related to children, adolescents, and parent guidance/family therapy.

Learning Objectives

1. Participants will be able to diagnose obsessive-compulsive disorder, panic disorder, selective mutism, separation anxiety, and social phobia.
2. Participants will have an understanding of how use narrative therapy techniques to externalize the anxiety.
3. Participants will have an understanding of how to use cognitive behavior therapy and the limitations of this technique with children.

Selected References

- Deborah C. Beidel and Samuel Turner, Shy Children, Phobic Adults, American Psychological Association, 1998
- Tracy Morris and John March (eds, Anxiety Disorders in Children and Adolescents (2nd Edition, The Guilford Press, 2004
- Craig Smith and David Nyland, Narrative Therapies with Children and Adolescents, The Guilford Press, 1997
- Tamar Chansky Freeing Your Child From Anxiety, Random House 20004