



## Children and Anxiety: Exploring Effective CBT Tools

In the pandemic's first year, childhood anxiety rates doubled with an estimated 1 in 5 children experiencing anxiety (Racine et al., 2021). Now more than ever, children may benefit from concrete and practical tools proven to effectively reduce anxiety. This course will focus on the proven methods utilized in Cognitive-Behavioral Therapy (CBT), a well-established and researched treatment for childhood anxiety. Together, we will explore fun, effective, and engaging CBT tools for helping children alleviate their anxiety. Through a playful and developmental approach, this course offers ways to make complex CBT concepts more understandable, easier to practice, and more enjoyable for kids and parents. This course includes over 30 innovative CBT interventions designed to support your online and in-person work with anxious preschool and elementary school-aged children.

### Learning objectives:

- Explain the neuropsychology of anxiety in a kid-friendly way
- Describe the key components and benefits of CBT to treat childhood anxiety
- Practice at least 10 innovative CBT tools to help alleviate children's anxiety
- Summarize ways parents can support children's CBT skill building

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**Cost:** \$148

**Course Length:** This is a 5 hour pre-recorded course.

**Course Access:** You will have instant access to the course after you register and pay. You may access the course for up to one year from the date of purchase.

**5 CE Credits:** Healthy Focus Psychological Center, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. Healthy Focus Psychological Center, Inc. maintains responsibility for this program and its content.

**About the Instructor:** Karrie Lager, Psy.D. is a California Licensed Psychologist (PSY20588) and the founder of the group practice Healthy Focus Psychological Center, Inc. Dr. Karrie is recognized by UC Davis as a PC-CARE provider and trainer and a PCIT therapist and trainer of trainers. In addition to parent-child coaching, Dr. Karrie provides individual and family therapy incorporating CBT, mindfulness, and trauma-informed practices. As a way to make a larger impact, Dr. Karrie provides consultation and training for therapists to grow a thriving private practice so that they may best serve the community.

For additional information or assistance with registration, please contact:  
Karrie Lager, Psy.D. phone: 818.230.1050 email: [hello@ahealthyfocus.com](mailto:hello@ahealthyfocus.com)



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### Course Outline:

- The neuropsychology of anxiety in kid-friendly terms
- Key CBT components and research on playful approaches
- Assessing anxiety and the risk and protective factors to inform treatment
- Concrete and creative CBT tools for:
  - Generalized anxiety disorder
  - Separation anxiety
  - Social anxiety
  - Fears and phobias
- Parents' role and support in exposure-based interventions
- CBT homework practice for kids and families

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**Intended Audience:** Psychologists and mental health professionals at the introductory level.

**Attendance Policy/CE Certificates:** To receive a CE certificate, participants must attend the program in its entirety and complete a quiz with at least 75% accuracy. Participants may retake the quiz if needed, and must score at least 75% accuracy by the third attempt to receive a CE certificate. After meeting these course completion requirements, students will receive their CE certificate of completion. Please note that you may access the course and quiz for up to one year from the date of purchase.

**Refund Policy:** There are no refunds.

**Accommodations Policies:** Please contact us via email. We will process your request within 14 days.

Please note there is no commercial support or conflicts of interest for this program.