

Cognitive-Behavioural Treatment for Anxiety in Youth: Practical Evidence-Based Strategies



Presented by:

**Philip C. Kendall,
PhD, ABPP**

Child and Adolescent
Anxiety Disorders Clinic
Temple University

**Friday November 3, 2017
9:00 am - 4:15 pm**

Registration and refreshments at 8:00 am
Lunch on your own at 11:45 am – 1:00 pm

Pantages Hotel

200 Victoria Street, Toronto
Room: Rehearsal Hall (3rd floor)
www.pantageshotel.com

*A special thank you to **The Jackman Foundation** for their generous support of this event. All proceeds from this workshop go to support travel expenses for Ryerson psychology graduate students to present their research at conferences.*

About the Presenter

Dr. Philip C. Kendall is Distinguished University Professor and Carnell Professor of Psychology at Temple University. His CV lists over 650 publications. His treatment programs (e.g., *Coping Cat*) have been translated into numerous languages, and he has had over 35 years of uninterrupted grant support. He placed among an elite handful of the most “Highly-Cited” individuals in all of the social and medical sciences, with an h-index (in 2016) of 102. Dr. Kendall was a Fellow at the Center for Advanced Study in the Behavioral Sciences (Stanford), received a “Great Teacher” award from Temple University, and was identified as a “top therapist” by Philadelphia Magazine. He has been President of the Society of Clinical Child and Adolescent Psychology (APA Division 53) as well

as President of the Association for Behavioral and Cognitive Therapies (ABCT). He recently received the Aaron T. Beck Award, in recognition of “significant and enduring contributions to the field of cognitive therapy.”

Workshop Overview

This workshop will provide an initial description of the theory that guides treatment of anxiety in youth as well as an overview of the nature, symptoms, and experience of anxiety in this population. We will consider when anxiety is developmentally reasonable and when it is disordered, and we will consider features of anxiety as they relate to and are expressed by children as well as adolescents. Cognitive, behavioural, family (parenting), and emotional factors will be addressed.

The bulk of the workshop will be on cognitive-behavioural strategies for anxiety in youth. Each of the strategies (e.g., coping modeling, changing self-talk, affect education, exposure tasks/behavioral experiments) will be described in detail and illustrated with (a) case examples (b) samples from the child-participant’s workbook and (c) descriptions in the therapist’s treatment manuals. A flexible implementation of the manual-based approach will be described and encouraged.

Sample videos of actual sessions and re-enacted sessions will be available to be played and discussed, and small groups of workshop participants will have an opportunity to engage in role-play activities. Research outcomes that inform decisions regarding the provision of clinical services for anxious youth will be considered, highlighting both (a) what we know and (b) what we do not yet know about the treatment of anxiety disorders in youth. There will be a preview of samples from (a) an online parent training program (i.e., *ChildAnxietyTales*) and (b) a computer-assisted CBT treatment program for children (i.e., *Camp Cope-A-Lot*).

PARTICIPANTS WILL

- Learn to improve the identification of anxiety disorders in youth
- Learn to better understand the nature of anxiety disorders in youth, including developmental, cognitive, and familial forces
- Acquire skills in the application of treatment strategies (e.g., psychoeducation, exposure tasks, behavioural experiments) for the treatment of anxiety in youth
- Gain a basic understanding of the cognitive-behavioural treatment of anxiety disorders in youth, including an illustrative program called the *Coping Cat*

HIGHLIGHTS

- Developmentally informed presentation of cognitive, emotional, and behavioural features of anxiety
- Key components of effective intervention to reduce anxiety
- Opportunities to watch sample sessions and role-play selected treatment strategies
- Learn how effective treatment for anxiety is about less talking and more action
- **Caversham Booksellers** will be onsite, offering a range of books by Dr. Kendall and others

Registration Information

Please complete online registration at:

www.psych.ryerson.ca/workshop/kendall

Registration Fees (plus 13% HST)

\$110 (early bird fee received by October 2, 2017)

\$130 (regular fee, professional)

\$65 (full time student fee, with copy of valid student ID*)

* Please email (workshops@psych.ryerson.ca) or fax (416.599.5660) a copy of your student ID within 1 week of registering online.

Payment Options

Upon registering online at **www.psych.ryerson.ca/workshop/kendall**, you will have two payment options:

Option 1: Payment by credit card (Visa or Mastercard) via online registration page

Option 2: Payment by cheque (please include 13% HST; payable to "Ryerson University") and mailed (within 10 days of registering online) with a copy of your online registration invoice to:

Dr. Martin M. Antony

Psychology Department, Ryerson University
350 Victoria Street, Toronto, ON M5B 2K3

Lodging

We have negotiated a limited number of rooms at the Pantages Hotel at a discounted rate of \$189 plus tax per night. This rate is only available for the first 10 attendees that request it, and only until October 3, 2017. Please book directly with the hotel, using booking code 551619.

Directions

The Pantages Hotel is located at 200 Victoria Street, at the Northwest corner of Victoria and Shuter Streets, in downtown Toronto.

Parking: Paid parking is available in nearby parking lots on Victoria Street, just North of Shuter Street (at St. Michael's Hospital or in the nearby "Target" lot), as well as at the Toronto Eaton Centre (entrance from Shuter Street).

Public Transit: The TTC Dundas Street Subway station is a short walk - South on Yonge Street, then east on Shuter Street.

If you have any questions please contact:
workshops@psych.ryerson.ca

Cancellation Policy: Refunds subject to \$15 cancellation fee. No refunds after Friday, October 20, 2017.