

Understanding the Anxious Child

10 Inservice Points

Component No. 2403001

General Objective

Provide participants (teachers, non-instructional personnel, and administrators) knowledge of anxiety, types of anxiety, causes, symptoms, and treatment.

Specific Objectives

1. Gain a basic understanding of anxiety
2. Understand the importance of externalizing anxiety
3. State 4 strategies that DON'T work to reduce anxiety and why they don't work
4. Analyze the "Perpetual Cycle of Anxiety"
5. Gain a basic understanding of strategies that do work, based on Cognitive Behavioral Therapy (CBT)
6. Explore resources about anxiety

Activities

- Analyze the irrational fears caused by anxiety
- Develop understanding of the Amygdala and the nature of Fight or Flight
- Explore treatment models

Evaluation

1. Participation in course
2. Follow up book study
3. Participants will complete a workshop evaluation form

Tampa Day School
Feb. 2018

