



## Helping the Worried Child



## Practical Strategies for Dealing with Anxiety in the Classroom & Therapy Room

*Help your anxious student thrive through practical, easily implemented strategies to increase confidence and bravery!*

## OUR SPRING CONFERENCE

Presenter:

**Aimee Kotrba, PhD**

April 19, 2023

9:00 am – 12:15 pm

**Live-Online via ZOOM**

Sponsored by:

**Family of Kidz**

**Kidz Conference Services**

1400 Old Country Road, Suite C103N, Westbury,  
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[www.familyofkidz.com](http://www.familyofkidz.com)

## COURSE DESCRIPTION

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 and therapy room.

**Learner Objectives:** *Upon completion of this course, participants will be able to:*

- Describe the avoidance cycle and how it pertains to anxiety disorders.
- 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

9:00 Where does anxiety develop?

10:00 General intervention strategies for reducing anxiety

11:00 Break (15 min)

11:15 Classroom-specific intervention strategies

11:30 Therapy-specific intervention strategies

11:45 How to talk to parents about their child's anxiety

## BIOGRAPHICAL INFORMATION

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.

### TARGET AUDIENCE

- Psychologists – Licensed & School
- Social Workers
- Teachers  Administrators
- Licensed Mental Health Counselors
- Speech Pathologists

**For Staff Working with Ages:**  Preschool  
 Elementary  Middle School  High School

**Level & Teaching Methods:**

Intermediate; Lecture, Videos

## WORKSHOP DETAILS

### Certificates of Attendance

Attendance for the entire session and completion of the Evaluation Form are required for Certificates of Attendance and/or CEUs (where applicable). Please allow 10-14 business days after the conference for the COAs to be emailed to you.

### Location Information

The session will be held via Zoom. Handouts and the zoom link will be sent two days before the conference.

**For Information:** Tesa at 516-806-6969 x7002

## 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



## CEU / CPD INFORMATION



Kidz Conference Services, LLC is approved by National Association of School Psychologists to offer continuing education for school psychologists. **(3 NASP CPDs)**

**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. **(3 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. **(3 NYSED Psych Bd Contact Hrs.)**



**ASHA CE  
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Kidz Conference Services

Intermediate Level  
.3 ASHA CEUs

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**Kidz Conference Services, LLC** is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #23368. **(3 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. **(3 contact hours)**

## REGISTRATION INFORMATION

**Individuals:** Register online with credit card or e-check [www.FamilyofKidz.com](http://www.FamilyofKidz.com)

**District/Agency Payments:** Register online by credit card (preferred). Checks or Purchase Orders will be accepted. Contact Tesa at 516-806-6969 x7002 for further information on how to submit a Purchase Order and a copy of the registration form required to be submitted with purchase orders.

### Registration Fees:

Kidz Staff*	\$70
General Registration	\$85

**\*Kidz Staff must have active cases through Kidz Therapy/Family of Kidz for employee discounted registration fees**

**Refund & Cancellation Policy:** A handling fee of \$10 will be deducted for all cancellations. Refund requests must be received by mail/e-mail no later than 5 days prior to the session. **No refunds will be issued if requested after these timelines.**

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 these circumstances.

**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](mailto:Conferences@FamilyOfKidz.com).