



# REGISTER NOW.

**DECEMBER 16, 2022**

Instructor: Laura A. Gaines, MSW, LISW-S  
FREE for people that live and work in Fairfield County!  
111 S. Broad St., Lancaster, Ohio 43130

**CEUS\*  
AVAILABLE!**

**Anxiety Disorders in Grade School Children: Working with Children & Families**

Anxiety disorders are one of the most common mental health diagnoses in school age children. We will focus our attention on grade school children ages 5–10. We will consider how anxiety diagnoses and their symptoms impact children’s developmental tasks. Treatment of younger children is most successful when parents or caregivers are able to support their children in "shrinking the worry monster." We will discuss ways to align with the child and family as they create an action plan to best address the child's needs at home, in the community, and at school.

- Registration: 8:30–9 a.m.
- Training: 9 a.m.–12:15 p.m.
- One 15-minute break
- CEUs: 3.0

**Post-Traumatic Stress Disorder in Teens: Working with Teens & Families**

Working with a teen who is diagnosed with post-traumatic stress disorder (PTSD) can be challenging. It is also an opportunity to help a teen heal and move toward post-traumatic growth. We will review the diagnosis of PTSD and consider how the usual symptoms impact developmental tasks and day-to-day life. Teens with PTSD often exhibit challenging behaviors: flashbacks, sleep disturbance, suicidal ideation, strong reactions to triggers, struggles with getting things done, and relationship problems. We will consider strategies we can use to help teens understand their diagnosis, reduce symptoms, and focus on healing. The training will incorporate time to develop an action plan reviewing resources and coping skills helpful for teens and their caregivers.

- Registration: 12:30–1 p.m.
- Training: 1–4:15 p.m.
- One 15-minute break
- CEUs: 3.0

**Register for each class by visiting**  
**[www.fairfieldadamh.org/Trainings-Events-Information.html](http://www.fairfieldadamh.org/Trainings-Events-Information.html)**



\*for social workers, counselors, and marriage and family therapists