Heightened anxiety is the most treatable of all psychological conditions. Anxiety comes from worrying about what will happen next. It causes difficult feelings. Yet anxiety is with us throughout our life.

Anxiety symptoms in children include: headaches; tummy aches; tiredness, nausea; overwhelm; separation issues; sleeping issues; rituals and phobias.

Children attempting to reduce or avoid anxious feelings display a range of coping behaviours like: demanding to know everything; thinking about the worst possible outcomes; avoiding learning; refusal to engage with others; seeking constant reassurance; and meltdowns.

This workshop aims to provide parents and professionals with hands-on experience in how to empower children to take charge of anxiety, tolerate ‘not knowing’, and regulate anxious feelings using the ‘OK Zone’ framework. As adults we can support children to rejoin life.

In doing this we shall address provocative questions like:

- Should we be seeking to totally eliminate anxiety?
- Is there meaning behind anxious feelings, or is it just the nervous system?
- Can children be taught to reduce their own anxiety symptoms?
- Is anxiety contagious – and therefore not an individual problem?
- Does reassuring children ‘it will be ok’ actually increase anxiety’s grip?
- Can altering how we interact with “the anxiety” reduce its’ power?

This is a 3 hour interactive and practical workshop is presented for Loftia Consulting by Fiona Griffith, Clinical Counsellor and Supervisor. This workshop is for parents, counsellors, psychologists, other health professionals, teachers and support workers who work to help children struggling with anxiety.

WHEN: Wednesday 9th March 2016 2:00pm – 5:00pm
WHERE: Stirling Library – Community Room
COST: $88.00 (Inc GST)
Spaces limited – 20 maximum
To REGISTER telephone Ruth on 8339 8449 or email: loftiaconsulting@tpg.com.au. Please note that we require registration and payment be made the Monday of week of the workshop to ensure your place.