

Anxiety in Adolescence

An intensive skills workshop around Anxiety and stress management.

Presenters: Robert Boardman & Michelle Booker- Reconnect Mental health

Tuesday 6th March 2012- 9.30am-4.30pm

Cost: \$90 Lunch included, (Early Bird \$65- payment received by 24th Feb)

Venue: Parramatta Heritage Centre
346A Church Street Parramatta NSW 2150
(Parking is available next door at the The Sebel \$10)

To register- email michelle.booker@ae.salvationarmy.org or phone (02) 9542 5699

Anxiety is something we all experience, and we all have ways of coping in times of stress or in worrying situations. Some are better than others in managing the effects of stress and anxiety, and for some the effects can be highly distressing and debilitating. Anxiety becomes a problem when it interferes with our behaviours and abilities in everyday life, and for adolescents in particular the effects can be quite significant.

Anxiety is often thought as a single thing, but this workshop will explore the nature of anxiety and break it down into the 3 core components; the behavioural-“what I do”; the cognitive-“what I think”; and the physical-“what I feel”. There will be a focus on understanding and breaking the cycle of anxiety with many practical examples of helpful interventions and exercises. Each of these interventions is applicable to those not only with anxiety disorders, but also for anyone to help manage stressful situations.

Throughout the workshop there will be opportunity to bring specific examples from your own work in the hope of discovering some new perspectives and ideas.

The workshop participants will:

1. Explore the nature and characteristics of anxiety and panic in adolescents.
2. Understand the anxiety cycle.
3. Discover and experience a number of possible interventions.
4. Discuss case examples and share what works.

TAX Invoice

Salvation Army- Oasis Youth Support Network

ABN 57 507 607 457

NAME:ORGANISATION:

EMAIL:PHONE:

- \$65-** Early Bird (payment received by 24th Feb) Cheque made payable to 'Oasis Youth Support Network'
OR
 \$90- I enclose a cheque/money order for made payable to 'Oasis Youth Support Network'
 The cheque/money order will be sent separately once the tax invoice is processed.

Registrations close 2nd March 2012

Early Bird registration close 24th Feb

Complete this registration form and email to michelle.booker@ae.salvationarmy.org
or fax to (02) 9526 6143; or post to: Reconnect PO Box 402, Caringbah, NSW 2229