

How to help your kids with anxiety



Crystal Lake, IL
Friday, June 9, 2017

Sponsor:
McHenry County
Mental Health Board

Location:
McHenry County
Mental Health Board
620 Dakota Street
Crystal Lake, IL

Time:
9:00 AM – 12:00 PM

Register Now:
at www.mc708.org or
please contact:
Kristen Doherty
Phone (815) 788-4399
Fax: (815) 455-2925.
Email: kdoherty@mc708.org

*CEU's: 3 CEUs for social
workers, and professional
counselors/clinical counselors
will be provided.

School Avoidance and School Anxiety (SASR) Training

Presented by Jackie Rhew, LCPC, CADC

This presentation reviews the criteria for school avoidance and school anxiety (SASR) and identifies strategies to assist students and families to re-engage in school. SASR is defined as inconsistent or failure to attend school for emotional and/or behavioral reasons.

SASR also includes students who attend school but refuse to engage in school requirements. Many also struggle with social interactions that take place in school settings and have associated mental and emotional disorders.

Understanding their cognitive and emotional development and customizing therapy to address the SASR child's unique needs is vital to successful treatment.

Objectives:

- Defining school anxiety and school avoidance and reviewing the history and research on SASR.
- Review how emotional and cognitive development influence implementation of strategies to improve SASR.
- Discuss strategies for re-engaging children, adolescents, families and school personnel using therapeutic interventions that address each SASR's child's unique needs.



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Jackie has worked in hospital, educational and private practice settings, both in the Chicago land area and overseas, including South America and the Middle East. Jacqueline has considerable training in treating adolescents & adults dealing with school refusal, eating disorders, self-injury, substance abuse, gaming addictions, grief issues, trauma, depression & anxiety utilizing individual, family and group therapy.

She utilizes dialectical behavioral therapy, rational emotive behavior therapy, cognitive behavioral therapy, narrative therapy, as well as exposure response prevention & relational therapy during the therapeutic process.

Jackie served as Assistant Director for seven years for the School Anxiety/School Refusal Program at AMITA Health Alexian Brothers Behavioral Health Hospital in Hoffman Estates, a program she was instrumental in creating and developing.

Jackie also provides training both locally and nationally on topics including anxiety, school refusal, parenting and self-injury. She has co-authored several publications including School Refusal in Children & Adolescents and has also been featured on both Chicago ABC Channel 7 and CBS Channel 2 newscasts highlighting her work with adolescents struggling with avoidant school behaviors as well as bullying in the schools.

