



A FREE WORKSHOP FOR PARENTS


Anxiety

IN CHILDREN, TEENS AND YOUNG ADULTS:

Connecting the Dots Between Thoughts, Feelings and Behavior



Speaker: Jeffrey S. Vallon, PhD., NBCC



Dr. Vallon has 43 years of experience in the mental health field. He is a NY State Licensed Mental Health Counselor and a National Certified Counselor from the National Board of Certified Counselors. Dr. Vallon worked as a clinician at Rockland Psychiatric Center for 11 years and has a private practice in Montebello, New York. He uses an individualized, socio-cognitive behavioral approach in his work with clients.

Dr. Vallon is also a professor of psychology currently teaching at Rockland Community College.

ABOUT ANXIETY:

Anxiety doesn't look the same in everyone. It can present as avoidance, isolation or somatic symptoms such as persistent headaches and stomach aches. It can also present in our children as oppositional, inattentive, disruptive behaviors or even include self harming behaviors.

ABOUT THE WORKSHOP:

In this half day workshop, parents will learn about the relationship between Thoughts, Feelings & Behaviors, concepts used in Cognitive Behavioral Therapy (CBT). Specifically, how our thoughts and beliefs influence our feelings and in turn how we respond to situations (behavior).

CBT is an evidenced based therapy recommended in the treatment of anxiety.

Workshop participants will learn how we as parents can help our children develop the skills they need to change negative thinking. We will discuss what helps and what doesn't!

This workshop will help you develop the self-confidence to know that our children are capable (and so are we) of moving past anxiety to fully engage in life.

Sponsored by:



Call to Register: 845.359.8787

Spanish Translation Available / Traducción al español disponible

Monday, September 23, 2019



Palisades Center Mall
1000 Palisades Center Drive
Raso Room, 4th Floor
West Nyack, NY 10994

Coffee & Check In: 9:30 AM
Program begins: 10:00 AM to 1:00 PM



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