Anxiety Disorders Association of America

32nd Annual Conference

2012

OCD, ADHD, ODD, ASD?!?

Avoid Destructive Mislabeling by Understanding Anxiety in Children

Renewed Freedom Center for Rapid Anxiety Relief
Division of Strategic Cognitive Behavioral Institute, Inc.

PRESENTERS:

> **Jenny C. Yip, Psy.D.**
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Dr. Yip has been extensively trained by nationally recognized experts in OCD and Strategic Family Therapy. She has worked with this population for over a decade, and has developed an innovative treatment modality integrating Mindfulness Training, Strategic Paradoxical Techniques, and traditional Cognitive-Behavior Therapy (CBT) in treating severe OCD and related pediatric anxiety disorders within the family system. She has published articles, presented her work at numerous national and international conferences, and been featured in various media venues. She continually provides training in her areas of expertise, and consults on documentaries and film productions on OCD in children and adolescents. Dr. Yip is the Executive Director of the Renewed Freedom Center in Los Angeles, a Clinical Assistant Professor of Psychiatry at the USC Keck School of Medicine, an Institutional Member of the International OCD Foundation (IOCDF), a Clinical Member of the Anxiety Disorders Association of America (ADAA) where she serves on the Public Education Committee, and on the Board of Directors at the Los Angeles County Psychological Association (LACPA) where she also chairs the Cognitive Behavior Therapy Special Interest Group (CBT SIG).

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Dr. Haider is a Licensed Psychologist and the Director of Training at the Renewed Freedom Center. She has worked extensively with young children, adolescents, and adults suffering from severe anxiety disorders, and employs cognitive-behavioral therapy integrated with mindfulness training. Dr. Haider is also trained in biofeedback, a practice that helps patients understand their mind-body connection to anxiety. Her background in school psychology gives her a unique perspective in working with children, while helping parents and school staff in understanding the impact of anxiety disorders on academic functioning. She has presented at conferences and authored papers on how to best help children with anxiety.

OCD, ADHD, ODD, ASD in Children

The diagnosis of anxiety disorders is usually quite straightforward in adults. However, symptoms of anxiety disorders in children often manifest in different ways, which can lead to harmful misdiagnoses. This is evermore alarming when children as young as 3 can develop OCD as presented by previous patients and indicated by a recent study in the *Journal of Psychopathology and Behavioral Assessment*. The behavioral manifestations of anxiety disorders in children can be expressed in various presentations similar to other childhood diagnoses, such as inattentiveness in ADHD or giftedness, or behavioral outbursts in oppositional defiant disorders, or stereotypical behaviors in autistic spectrum disorders. This can be detrimental when clinicians, family members, and/or school personnel are quick to label a child without taking the root cause into consideration. Yet, inattentiveness, behavioral outbursts, or stereotypical behaviors can be caused by various factors, oftentimes unrelated to ADHD, ODD, or ASD. Thus, targeting the correct cause can prevent long-term difficulties at school and home for the child, and minimize frustration for parents and other caretakers. Understanding the underlying triggers of anxiety disorders in children is the first step to gaining specific strategies for working with the child successfully. The key is to understand the root cause of each child's behavioral manifestations.

EDUCATIONAL OBJECTIVES:

A)   Attendees will be able to assess behavioral manifestations of anxiety in children accurately, and be able to differentiate it from similar presentations of other childhood disorders.

B)   Attendees will be able to apply the process of identifying the underlying cause of anxiety in children.

C)   Attendees will be able to utilize effective strategies for working with children as young as 3 suffering from anxiety disorders, including OCD.

I. Anxiety Disorders
- Case Vignette: Illustrate behavioral manifestations of anxiety that can be misattributed to other childhood disorders
- Biological Fight-or-Flight Response
- Underlying Triggers of anxiety and the Fear Structures
- Normal vs. Pathological levels
- Components of Anxiety (e.g., Physical Sensations, Subjective Experience, Associating Emotions)
- Physiological Effects of Anxiety

II. Anxiety in Children & Adolescents
- Prevalence & Epidemiology
- Types of anxiety disorders in children and how they develop
- Effects of anxiety on Academic & Social Functioning
- Anxiety in the Vicious OCD Cycle
- Common Obsessions/Compulsions
- Effects on Family Functioning

III. Psychoeducation to Improve Understanding and Avoid Mislabeling
- Vicious Anxiety Cycle
- Mood-Thought-Behavior Triangle
- Exposure vs. Escape Response
- Fight vs. Flight Response
- Process of 'habituation' to reduce anxiety

IV. Integrative Evidence-Based Treatments that Work!
- Cognitive-Behavioral Therapy (CBT)
- Behavior Therapy
- Biofeedback
- Family Therapy
- Parent Training
- Medication

V. Case Vignette Illustrations
- Anxiety & OCD
- ADHD
- ODD
- ASD
- Giftedness

VI. Collaborating with Schools
- Outreach
- In-services for School Staff
- Tools for Teachers
- Potential Accommodations
- Specialized Services: IEP - IDEA Special Education, Section 504 Plan
- National Nonprofit Resources – Anxiety Specialists