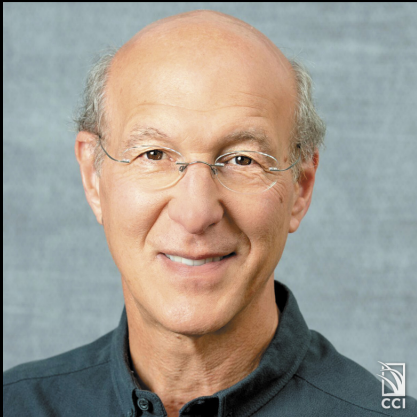


IN-PERSON  LIVE-ONLINE**JULY 17th - JULY 21st, 2023****PAUL FOXMAN, PhD**

**Paul Foxman, PhD**, has led hundreds of top-rated workshops internationally, and has appeared on television and radio as an expert on the topic of anxiety.

His books include *Dancing with Fear* (2007), *The Worried Child* (2004), *The Clinicians Guide to Anxiety Disorders in Kids and Teens* (2018) and a co-authored a casebook, *Conquering Panic and Anxiety Disorders*. His most recent book, *Traumas and Triumphs*, is scheduled for release in May, 2022. Paul is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style.

Dr. Foxman is a clinical psychologist as well as Founder and Director of the Vermont Center for Anxiety Care. In 1985 he co-founded the Lake Champlain Waldorf School in Shelburne, VT, now flourishing from kindergarten through high school. He has over 40 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools, and private practice. His education includes Yale University (B.A. in Psychology), Peabody College of Vanderbilt University (PhD in Clinical Psychology), and training at the Department of Psychiatry of Mt. Zion Hospital in San Francisco, the Kennedy Child Study Center in Nashville, and the San Francisco Psychoanalytic Institute.

## **Paul Foxman, PhD**

### ***The Anxiety Epidemic in Kids and Teens: A Workshop for Clinicians***

**15 Hour In-Person & Live-Online Course**

**Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

In this workshop, you will learn ways to “connect” with anxious children and teens, and inspire them to learn how to manage and even prevent anxiety. Based on adolescent brain research, the nuances of working with teens will be included. You will also acquire strategies to help anxious parents (“bulldozers,” “helicopters” and “snowplows”) be more effective in supporting their anxious children. The pros and cons of medication will be addressed. Pitfalls and strategies for high-conflict divorce cases will also be considered. In addition, you will learn what recommendations to make to schools and teachers to help manage anxiety in students.

To increase your effectiveness with the various manifestations of anxiety in children, we will address each of the following disorders with case examples and clinical vignettes:

- Separation Anxiety Disorder
- Generalized Anxiety Disorder
- Panic Disorder (with Agoraphobia)
- Obsessive-Compulsive and Related Disorders (including skin picking and hair pulling)
- Social Anxiety Disorder (including Selective Mutism)
- Specific Phobias
- Trauma- and Stressor-Related Disorders

Emphasis will be on creative psychotherapy using insight, cognitive-behavioral therapy, somatic focus (yoga, movement, breathing games, flow activities), mindfulness practices, medication, and family system interventions.

Workshop format will include multimedia presentations, lecture, discussion, and live demonstrations of the therapy process.

## **Course Agenda**

### **Monday:**

- The Peter Pan story and research about therapy effectiveness applied to children and teens
- How anxiety begins in children: the positive “3 Ingredients Framework”
- 4 behavioral health recommendations for all children and teens
- “3-S Process” for teaching stress management skills
- Games, strategies and practices for regulating anxiety (e.g. “Magic Word,” mindfulness, flow activities, yoga, “Baby Buddhas” meditation for preschoolers)

### **Tuesday:**

- Recommendations for teachers and schools for managing student anxiety
- Pros and cons of medication
- Separation anxiety: treatment strategies including helping parents let go

**Paul Foxman, PhD | The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians  
July 17th - July 21st, 2023****Wednesday:**

- Generalized Anxiety: why we worry and strategies for what to do instead
- Panic Disorder and Agoraphobia: treatment metaphors and interventions

**Thursday:**

- Obsessive-Compulsive Disorders:
- Exposure and Response Prevention (ERP)
- Sudden Onset Obsessive-Compulsive Disorder (PANDAS)
- Strategies for Excoriation (skin picking) and Trichotillomania (hair pulling)
- Social Anxiety Disorder: self-esteem, group therapy, selective mutism

**Friday:**

- Specific Phobias: virtual reality exposure
- Crisis Intervention for Acute Stress Disorder
- Trauma- and Stressor-Related Disorders
- 4 types of traumas
- Goals of trauma treatment
- Strategies for trauma recovery
- Post-traumatic growth

**Course Objectives**

Upon completion of this course participants will be able to:

1. Demonstrate how to connect with anxious children
2. Summarize the "3 Ingredients" framework for how anxiety develops in children to assist with assessment and treatment planning
3. Create games, strategies and practices to inspire the anxious child to practice self-regulation skills
4. Describe the "3-5 Process" for teaching stress management skills to children
5. Explain the 4 behavioral health recommendations for all children (and adults)
6. Analyze the efficacy of prescription drugs for treatment of anxiety symptoms in children
7. Describe the variety of anxiety disorders in children and implement interventions believed to be most effective for each condition
8. Identify how to help anxious parents better support their anxious children
9. Discuss recommendations for schools and teachers to help manage anxiety in students
10. Avoid pitfalls when working with children in high-conflict divorce families

**Continuing Education**

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.*

**The Anxiety Epidemic in Kids and Teens: A Workshop for Clinicians**, Course #4115, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/26/2022 - 04/26/2024. Social workers completing this course receive 15 Clinical continuing education credits.

**Psychologists:** This course is *only* eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

**Speaker Disclosures:**

**Financial:** Paul Foxman has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-Financial:** Paul Foxman has no relevant non-financial relationships with ineligible organizations.

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**In-Person Course Format:** Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

**In-Person Location:**

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

**Live-Online Course Format:**

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

### Tuition:

**In-Person Course:**

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

**Live-Online Course:**

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Refund Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

**Within two weeks:** If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

**Once your course begins:** No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at [info@cape.org](mailto:info@cape.org) or by calling + 1 (203) 781-6492.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or [certificate@cape.org](mailto:certificate@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

Cape Cod Institute Administration  
MAK Continuing Education, LLC  
2 Belden Ave  
PO Box 2225  
Norwalk, CT 06852  
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267  
E-mail: [info@cape.org](mailto:info@cape.org)

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

## JULY 3-AUGUST 25, 2023

### JULY 3-JULY 7, 2023

**Bessel van der Kolk, MD**

*Frontiers Of Trauma Treatment*

*In-Person, Live-Online*

**Anatasia S. Kim, PhD**

*Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice*

*In-Person, Live-Online*

**Linda Graham, MFT**

*The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster*

*In-Person, Live-Online*

### JULY 10-JULY 14, 2023

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories*

*In-Person, Live-Online*

**Joe Kort, PhD, LMSW**

*Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies*

*In-Person, Live-Online*

**Licia Sky, BFA & Bessel van der Kolk, MD**

*Come to Your Senses: Embodied Self Awareness*

*In-Person*

**Richard Schwartz, PhD**

*Internal Family Systems Workshop*

*In-Person, Live-Online*

### JULY 17-JULY 21, 2023

**Paul Foxman, PhD**

*The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians*

*In-Person, Live-Online*

**Janina Fisher, PhD**

*Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation*

*In-Person, Live-Online*

**Flint Sparks, PhD**

*Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice*

*In-Person*

### JULY 17-JULY 21, 2023

**James Hawkins, PhD, LPC**

*Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*

*In-Person, Live-Online*

### JULY 24-JULY 28, 2023

**Gabriella Rosen Kellerman, MD**

*Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future*

*In-Person, Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach*

*In-Person*

**Franklin King, MD**

*The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments*

*In-Person, Live-Online*

**John P. Forsyth, PhD &**

**Jamie R. Forsyth, PhD**

*Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard*

*In-Person, Live-Online*

### JULY 31-AUGUST 4, 2023

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself*

*In-Person, Live-Online*

**Amy Weintraub, MFA &**

**Angela Huebner, PhD**

*Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning*

*In-Person, Live-Online*

**Maria Sirois, PsyD**

*Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth*

*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Deborah Korn, PsyD**

*EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect*

*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC**

*Doing IMAGO Relationship Therapy In The Space Between*

*In-Person, Live-Online*

**Bob Anderson**

*Conscious Leadership: A Unified Model Of Leadership Development*

*In-Person*

**George McCloskey, PhD**

*Intervention For Child And Adolescent Executive Control Difficulties*

*In-Person, Live-Online*

### AUGUST 14-AUGUST 18, 2023

**Deborah Dana, LCSW**

*Polyvagal Theory In Therapy: Practical Applications For Treating Trauma*

*In-Person, Live-Online*

**Mary-Frances O'Connor, PhD**

*The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss*

*In-Person, Live-Online*

**Salman Akhtar, MD**

*In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment*

*In-Person*

**Edward Hallowell, MD**

*Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span*

*In-Person, Live-Online*

### AUGUST 21-AUGUST 25, 2023

**Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW**

*"HOT" Topics In AEDP™*

*In-Person, Live-Online*

**Jonah Paquette, PsyD**

*Awe, Wonder, And The Science Of A Meaningful Life*

*In-Person, Live-Online*

**Donald Meichenbaum, PhD**

*Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities*

*In-Person, Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : [WWW.CAPE.ORG](http://WWW.CAPE.ORG)**