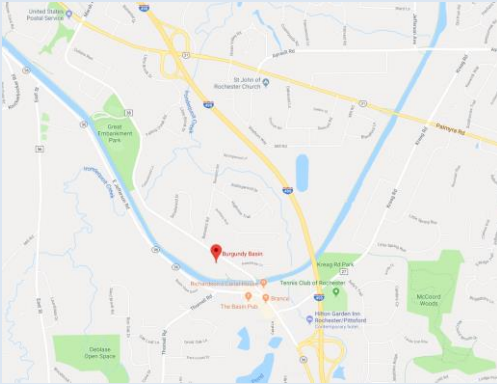


## Burgundy Basin



1361 Marsh Road  
Pittsford, NY 14534

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Greater Rochester Area School Psychologists

presents

# Supporting Children & Adolescents Struggling with Anxiety

**Karen McDermott, Ph.D.**

**Friday, October 26, 2018**

**8:30 am – 11:30 am**

**\* Registration begins at 8:00 am**

**Burgundy Basin  
1361 Marsh Road  
Pittsford, NY 14534**

For more information visit the GRASP website:  
[www.grasp-online.org](http://www.grasp-online.org)

**GRASP  
P.O. Box 10122  
Rochester, NY 14610**

## REGISTRATION

Supporting Children & Adolescents  
with Anxiety

Friday, October 26, 2018  
Burgundy Basin

Name: \_\_\_\_\_

District: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Position: \_\_\_\_\_

Email Address: \_\_\_\_\_

(For registration confirmation and receipt)

**Fee: \$70**

- Payment due by 10/17/18
- Registration will **NOT BE** confirmed without payment
- Purchase orders are NOT considered payment
- P.O.'s which have not been paid by 10/17/18 will be billed at \$80
- No refunds after 10/17/18

Registration limited to first  
100 received

## About the Presenter

Dr. Karen McDermott (formerly Connors) obtained her Ph.D. in Clinical Psychology in 2000 from the University of Missouri—St. Louis. She completed her internship and fellowship years at the University of Rochester Medical Center's department of Child and Adolescent Psychiatry. Following the end of her training, she remained at the Medical Center as a faculty member for 5 years providing teaching and supervision to clinical psychology interns and post-doctoral fellows. She also served as the psychologist for the child and adolescent psychiatric inpatient units. Since 2005, she has been in private practice specializing in children and adolescents. Specific areas of expertise include the treatment of anxiety and mood disorders, as well as emotional dysregulation in adolescent girls.

## About GRASP

**GRASP is a non-profit organization that began in 1985, in response to the growing need for continuing education for school psychologists. The GRASP Board consists of 15 school psychologists from the Rochester area who are committed to bringing the best continuing education opportunities for school psychologists in our community.**

Questions regarding registration may  
be directed to Denise Daly at:  
288-3130 x 2168

[www.grasp-online.org](http://www.grasp-online.org)

## Conference Agenda

\* Registration begins at 8:00 am  
(Continental breakfast provided)

- I. Welcome
- II. Overview of Anxiety
- III. Alternate Perspective on Anxiety
- IV. Evidence-Based Strategies to Teach Children/Adolescents with Anxiety
  - Cognitive-Behavioral Therapy (CBT) strategies
  - Acceptance-Commitment Therapy (ACT) strategies
- V. Supporting Children with Specific Anxiety Disorders
  - Obsessive-Compulsive Disorder
  - School Avoidance/Refusal
  - Anxiety vs. ADHD, particularly in females
- VI. Questions & Answers
  - \* There will be a mid-morning break provided

## Conference Goal:

- The goal of this conference is to enrich and enhance participants' knowledge regarding children and adolescents coping with anxiety. Participants will leave the conference with fresh perspectives on anxiety, as well as, specific evidence-based strategies they can use with children and adolescents in the school setting.

### **Register:**

Online through PayPal at:  
[www.grasp-online.org](http://www.grasp-online.org),



**OR**

Mail check and registration form to:

**GRASP  
P.O. Box 10122  
Rochester, NY 14610**