



Anxiety Explained. Kids Empowered!

Anxiety is a very normal human response but for as many as 1 in 5 young people, the symptoms become so intrusive, they significantly interfere with day to day living. The effects can steal into families, classrooms and friendships. They can undermine the way children see themselves and shrink their world – but it doesn't have to be this way. Anxiety is very manageable when it is recognised and properly managed. With the right support children can be empowered with the skills and knowledge to manage anxiety and move forward with courage and resilience.

This dynamic workshop will help participants to recognise anxiety disorders in children and adolescents (5 - 18yr olds). It will delve into the obvious and not so obvious signs of anxiety, discuss where they come from and why they exist, and offer a range of practical, powerful interventions to assist participants to respond effectively within their own professional context. Best selling author Karen Young from Hey Sigmund will engage and inspire as she explores:

- Building a therapeutic rapport with children and teens with anxiety.
- What all children and teens need to know about anxiety.
- How to support them in using this information to manage anxiety and build strength, courage and resilience.
- Why anxiety can happen without an identifiable trigger and how to be alert.
- Therapeutic interventions to help young people manage intrusive symptoms and difficult behaviours when anxiety is the fuel.
- Practical, proven strategies to strengthen children and teens against anxiety in the short and long term.
- How to push back against the negative- building self-confidence, resilience and self-concept with young people with anxiety.
- Understanding the ways loving parents might inadvertently feed anxiety and undermine resilience, and how to work with this in a therapeutic setting.



Karen Young founded the popular website, Hey Sigmund, attracting millions of readers each year worldwide and is author of the best selling Hey Warrior book for young people with anxiety. She can often be heard on Australian radio and TV programs such as The Project and the ABC. She is a sought-after international speaker to sold out events from New York to Newcastle. She has authored three books for kids and parents to help them understand anxiety and find their 'brave'. Experience has taught her that people can do amazing things with the right information, psychology has something for everyone, jargon doesn't, everyone has a story to tell, short bios are the longest to write, nobody has it all figured out and the best people to be around are the ones who already know this. Karen translates the neuroscience of anxiety and every day life into meaningful advice for all ages.