



Interrupting the Worry Cycle: Advanced Strategies for Helping Anxious Families
2019 Marshfield Clinic Health System Behavioral Health Conference
Robert F. Froehlke Auditorium, Laird Center for Medical Research
Marshfield Clinic Health System, Marshfield, WI

| Friday, April 26, 2019 | |
|------------------------|--|
| 7:45 a.m. | Registration and Continental Breakfast |
| 8:15 a.m. | Welcome and Introductions |
| 8:30 a.m. | A Process-Based Approach to Anxiety <ul style="list-style-type: none">• Four Critical Concepts• Patterns of Worried Families• Don't Do the Disorder |
| 10:00 a.m. | Break |
| 10:15 a.m. | How to Intervene <ul style="list-style-type: none">• Getting Out of the Anxiety Cult• The Importance of Frontloading• Using the Puzzle Pieces |
| 11:45 a.m. | Lunch |
| 12:30 p.m. | How to Intervene <ul style="list-style-type: none">• Six Patterns and Their Counterparts• Anxiety and Depression: Prevention and Connection• Experiential Learning and Homework |
| 2:00 p.m. | Break |
| 2:15 p.m. | Schools, Accommodations, and Parents <ul style="list-style-type: none">• Creating Effective Behavioral Plans• Case Studies and Common Issues• OCD: Traps and Opportunities in Diagnosis and Treatment |
| 3:45 p.m. | Activity Concludes |

Anxiety is a persistent master. When it moves in, it takes over daily routines, learning, recreation, and social connection. To make matters worse, the things adults (including many providers and school systems) do to help anxious children can actually make the anxiety stronger. All these children put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem: one in every five kids suffer from a diagnosable anxiety disorder.

What we teach children about risk, danger, uncertainty, and problem-solving makes a huge difference in whether they go on to become anxious or depressed teens and adults. In this workshop, you will explore concrete and often counter-intuitive strategies that educate children and adults about anxiety and provide an “umbrella approach” that is applicable to all the anxiety disorders and OCD. Our presenter will offer proven strategies that help children and families understand and manage anxiety, worry, fears and phobias so that they can move forward, learn and reach their full potential.

Upon conclusion of this activity, participants will be able to:

1. Discuss coaching adults on how to interrupt their own patterns of anxious parenting.
2. Describe active assignments for families that correct the common cognitive traps that bolster both anxiety and depression.
3. Explain the difference between content-based and process-based interventions.
4. List ways to expand their therapeutic toolbox to include playfulness, humor, games, collaboration, and active homework assignments.
5. Select interventions that focus on interrupting the process of OCD in families rather than the content of the OCD.



Presenter

Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 28 years and specializes in the treatment of anxiety disorders in adults and children. She travels globally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools. Lynn has a special interest in breaking the generational cycle of worry in families and is the coauthor of two books on anxiety: *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.

Her latest book, *Using Hypnosis with Children: Creating and Delivering Effective Interventions* is a how-to guide for helping professionals incorporate hypnotic strategies for the treatment of depression, anxiety, medical procedures, pain, and sleep. Lynn received her BA in English from Williams College, her Masters in Social Work from Boston University, and has been training extensively with the world's experts in clinical hypnosis and strategic therapy for more than 20 years. She is a member of the National Association of Social Workers (NASW) and the American Society of Clinical Hypnosis (ASCH).

Target Audience

This activity is intended for physicians, psychologists, psychiatrists, residents, nurse practitioners, physician assistants, registered nurses, school psychologists, guidance counselors, social workers and other health care professionals.

Location

Robert F. Froehlke Auditorium, Laird Center for Medical Research at MCHS, 1000 North Oak Avenue, Marshfield, Wisconsin

Accreditation Statement

Marshfield Clinic Health System, Inc. is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

Designation of Credit Statement

Marshfield Clinic Health System, Inc. (MCHS) designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Contact Hour Statement for Allied Health Professionals

Marshfield Clinic Health System, Inc. (MCHS) is approved as a provider of continuing health education by the Wisconsin Society for Healthcare Education and Training (WISHET). MCHS designates this activity for up to 6.0 contact hours (0.6 CEUs) of continuing education for allied health professionals.

Faculty Disclosure

In accordance with the Standards of the Wisconsin Medical Society, all those who are in a position to affect content of this CME activity (including activity directors, planning committee, speakers, and CME staff) are required to disclose financial relationships with any commercial interest(s) related to the subject matter of this activity. Such disclosures will be made available on the day of the activity so that participants may formulate their own judgments regarding the presentation.

As a provider of CME credit, it is MCHS's responsibility to ensure that its credited activities provide information, findings, and recommendations to its audiences that are based on accepted and sound scientific principles (evidence-based medicine). In addition, MCHS has safeguards in place to identify and eliminate any commercial bias from CME activities.

Disclosure of Commercial Support

At the time of printing, no activity funding has been secured. Any activity funding through educational grants will be disclosed at the conference.

MCHS Planning Committee

Patti Bell, Manager, Community Engagement
Sandra Bump, Operations Manager, Behavioral Health
Wendy Chryst, LCSW, Clinical Social Worker, Behavioral Health
Bobbie Knecht, CME Specialist, Division of Education

Stephanie Kohlbeck, PhD, Psychology, Behavioral Health
Karen Luttrupp, Assistant Manager-Operations, Behavioral Health
Nadine Punke, CME Manager, Division of Education
Justin Schoen, MD, Psychiatry Specialty Lead, Behavioral Health

Sponsored by

This conference is possible thanks to generous supporters of Mike's Run, a 5-mile run and 2-mile walk, promoting mental health awareness. The 2019 Mike's Run will be held on June 22, 2019 at the Steve J. Miller Recreation Area located at 501 West 4th Street, Marshfield, WI.





Community Presentation

Lynn Lyons, LICSW, will be presenting "*Emotionally Equipping Our Kids: Skills We Can (and Should!) Be Teaching our Children*", at an educational activity open to the community the evening of Thursday, April 25, 2019 from 6:30 p.m. – 8:00 p.m. with registration beginning at 6:00 p.m. in the Robert F. Froehlke Auditorium, Laird Center for Medical Research at Marshfield Clinic Health System, 1000 North Oak Avenue, Marshfield, Wisconsin.

Untreated anxiety in children is one of the top predictors of depression in adolescence and young adulthood. The good news? Research proves that teaching children certain cognitive and social skills makes a big difference in preventing the development of these struggles. This presentation will describe the patterns we need to pay attention to, the skills we need to teach, and offer several specific ideas for incorporating these skills into our interactions with children and teens.

There is no cost to attend. Pre-registration is required as seating is limited. To register, please call 715-387-9081. Registration deadline is April 12, 2019.

Handouts

In an effort to be more environmentally friendly the conference handouts will be emailed to registered participants in a PDF format prior to the conference.

Information on the Area

For more information on the area, please visit the local Convention & Visitor’s Bureau website at <http://visitmarshfield.com/>.

Accommodations

It is the registrant’s responsibility to arrange for lodging. For your convenience, we have listed the Marshfield area accommodations, all hotels are within a 2.5 mile radius from the conference location.

| | | | | |
|---|---|---|--|---|
| Baymont Inn & Suites 2107 N. Central Ave. Marshfield, WI 54449 715.384.5240 Website | Holiday Inn 750 S. Central Ave. Marshfield, WI 54449 715.486.1500 Website | Hotel Marshfield 2700 S. Central Ave. Marshfield, WI 54449 715.387.2700 Website | Quality Inn 114 E. Upham St. Marshfield, WI 54449 715.387.8691 Website | Woodfield Inn & Suites 1651 N. Central Ave. Marshfield, WI 54449 715.387.2233 Website |
|---|---|---|--|---|

Attire

Casual attire is appropriate for this conference. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to the educational activities.

Electronic Devices

As a courtesy to conference attendees, we request that all electronic devices (pagers, cell phones, laptop computers, etc.) be silenced during educational sessions. If you must use your electronic device, we request that you use the vibration ringing mode and step outside the meeting room so you do not disturb other attendees.

Registration

Advanced registration is required. The registration fee includes continental breakfast, lunch, breaks, and all electronic course materials. Meal functions are intended for conference participants only. You will receive confirmation within two (2) weeks of registering.

PHYSICIANS

\$100
After April 12: \$125

ALLIED HEALTH & OTHER PROFESSIONALS

\$50
After April 12: \$75

Awaiting Approval to Attend?

If your registration is dependent upon approval from your agency, please do not hesitate to register now. You may cancel your registration without penalty until April 12, 2019.

Cancellation Policy

For cancellations received April 13-21, 2019 your registration fee less a \$25 administrative fee will be given. No refunds will be given after April 21, 2019. To cancel, call 1-866-894-3622, ext. 9-3776.



Marshfield Clinic Health System

Marshfield Clinic Health System reserves the right to cancel the conference due to insufficient enrollment or inclement weather. Registration fees will be refunded in full for these types of cancellations.



Marshfield Clinic Health System complies with the Americans with Disabilities Act. If you desire special accommodations, please advise us when you register. All requests are kept confidential.

How to Register

Online: <https://www.surveymonkey.com/s/R9KPPZL>

Phone: 1-866-894-3622, option 1 and pay by MasterCard®, VISA®, American Express®, or Discover®

Or, return your completed registration form via:

Email: esser.tanya@marshfieldclinic.org

Mail: Marshfield Clinic Health System, Conference Registration-GR, 1000 North Oak Avenue, Marshfield, WI 54449

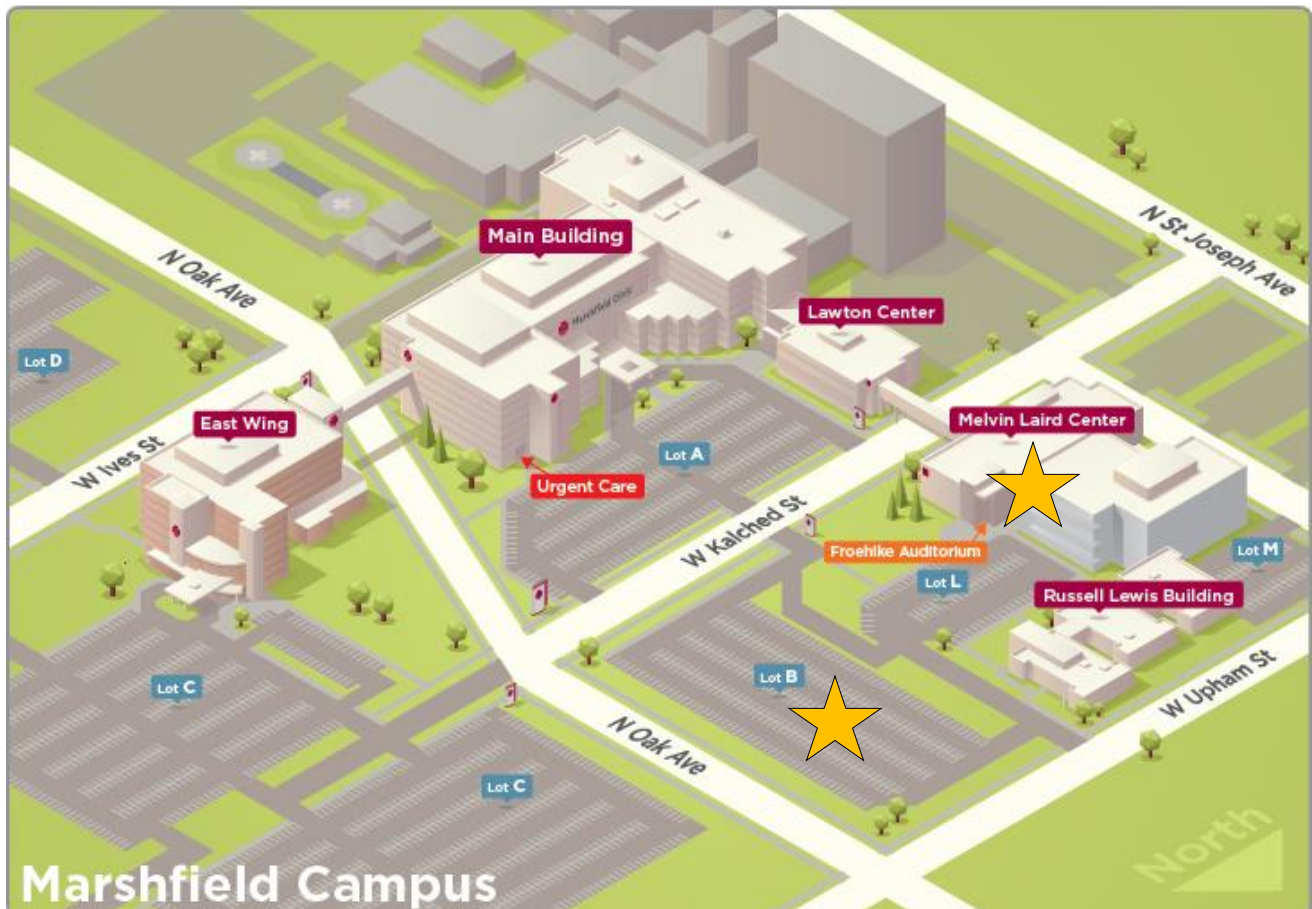
Fax: 715-389-3770

Further Information

Requests for further information should be directed to Tanya Esser, MCHS CME at esser.tanya@marshfieldclinic.org, 715-389-3776 or 1-866-894-3622, ext. 9-3776.

Parking

Parking lot **B** is designated for conference participants. MCHS employees must park in designated employee lots. Please see following campus map.





2019 MCHS Behavioral Health Conference

Friday, April 26, 2019

Robert F. Froehle Auditorium, Laird Center for Medical Research, Marshfield Clinic Health System

1000 North Oak Avenue, Marshfield, WI

Name: _____ Degree: _____
(Please print)

Organization name: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____ Fax: _____

E-mail address: _____

Dietary Restrictions: _____

Registration Fees

Advanced registration is required. The registration fee includes continental breakfast, lunch, breaks, and all electronic course materials. Meal functions are intended for conference participants only. You will receive confirmation within two (2) weeks of registering.

PHYSICIANS

\$100
After April 12: \$125

ALLIED HEALTH & OTHER PROFESSIONALS

\$50
After April 12: \$75

Please circle payment type:

MasterCard[®] Visa[®] American Express[®] Discover[®] Check (Make check(s) payable to: Marshfield Clinic)

If you are paying by Visa[®], MasterCard[®], American Express[®], or Discover[®], please print below the name as it appears on the card and include account number and expiration date.

Print Name: _____ Account #: _____

Signature : _____ Expiration Date: _____

Return completed form and payment to:

MCHS, Conference Registration – GR
1000 North Oak Avenue
Marshfield, WI 54449-5777
Phone: 715-389-3776
Fax: 715-389-3770