

ANXIETY MONSTER

How to Turn Godzilla into Pete's Dragon

Tuesday, April 17th – 6:30PM
Plainfield High School –
Central Campus Auditorium



Dr. Laura Koehler, Psy.D.

Dr. Koehler is a Licensed Clinical Psychologist and the Clinical Supervisor of the Anxiety Services Program at Linden Oaks Behavioral Health. She graduated from the Illinois School of Professional Psychology at Argosy University with a doctoral degree in Clinical Psychology. She has been working in the mental health field for over fifteen years in a variety of settings, including community mental health, private practice, and residential treatment centers. Her current work is focused on working with adolescents and adults with diagnoses of anxiety, depression and autism spectrum disorder. Laura's approach to treatment integrates Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT) with exposure therapy to provide patients with skills to increase their ability to regulate anxiety, as well as tolerate overwhelming emotions.

Join us for this information-packed presentation and Q&A session and discover:

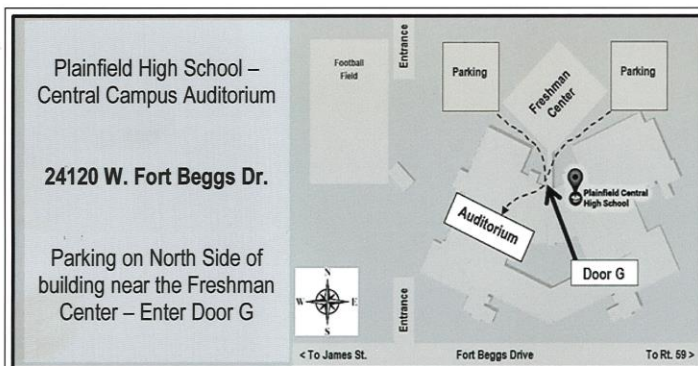
- Strategies to help your child manage overwhelming emotions in a healthy way
- The biggest mistakes parents make in reacting to strong emotions in their children and the risks associated with over-accommodation in response to anxiety and stress
- Surprisingly simple ideas to promote resilience and self-soothing
- What to do in response to school anxiety, school avoidance, and school refusal behaviors
- How to decrease anxiety and increase rational thinking using Distress Tolerance Survival Strategies
- Ways to identify and manage risk when anxiety and overwhelming emotions are out of control
- Ideas to create a skills "tool box" stocked with concrete items to facilitate coping
- Practical tips to empower children to improve overall functioning in response to anxiety, stress, and other strong emotions

Presentation will be available in both English and Spanish.

Find the Plainfield Parent Community Network (PPCN)

Online at: www.plainfieldparentcommunitynetwork.org

On Facebook: [@plainfieldparentcommunitynetwork](https://www.facebook.com/plainfieldparentcommunitynetwork) and on Twitter: [@PPCNetwork202](https://twitter.com/PPCNetwork202)



SPONSORED BY:



AND

Healthy Driven
Linden Oaks
BEHAVIORAL HEALTH

A PRESENTATION FOR:

- K-12 parents, grandparents and other concerned relatives
- K-12 teachers, staff, and administrators
- Counselors, psychologists, nurses, and social workers (CEUs and CPDUs available)

EVENT SCHEDULE

- 6:15pm – Welcome/Community Resource Fair
- 6:30pm – Speaker
- 8:00pm – Q & A with Speaker
- 8:30pm – Closing