

# Working with Anxiety in Children and Teens

## A Very Practical Two-Day Workshop

with Karen Young



Anxiety is increasingly stifling the potential of young people, with its prevalence continuing to rise. Thankfully, we are now better equipped than ever to support them in living courageously and embracing their full potential. However, the growing impact of anxiety calls for a new, more comprehensive approach.

This engaging and innovative workshop, with highly regarded, leading expert, Psychologist Karen Young offers practitioners a groundbreaking perspective on addressing anxiety in children and adolescents. Far from being "just another anxiety workshop," it brings together neuroscience, evidence-based strategies, and respected therapeutic models to empower anyone who works with Children and Young People with fresh, effective tools for immediate and lasting change.

Karen will explore anxiety from the ground up, creating a practical and transformative therapeutic roadmap. This will include essential insights, powerful strategies, and actionable steps to redefine how we support young people in overcoming anxiety.

### Key Topics Covered by Karen

- The Neuroscience of Anxiety: Understanding anxiety's neurobiological foundations and using this knowledge therapeutically to foster resilience and courage.
- Shifting the Relationship with Anxiety: Why reframing anxiety is critical for young people and their caregivers, and how to achieve this.
- Recognising Anxiety-Driven Behaviours: Identifying when anxiety fuels behaviour and responding effectively.
- Avoiding Counterproductive Techniques: Understanding popular behaviour management strategies that worsen anxiety and learning what to do instead.
- Co-Existing Concerns and Look-Alike Conditions: Differentiating anxiety from other conditions and addressing them effectively.
- Manifestations of Anxiety: Exploring how anxiety presents in young children and adolescents, and tailored responses for each.
- Anxiety in Learning and Performance: Strategies to reduce anxiety's interference in academic and social success.
- Understanding School and Separation Anxiety: Effective responses to school refusal and related concerns.
- Breaking the Cycle of Anxiety in Families: Helping parents move past inadvertent behaviours that fuel anxiety, with step-by-step guidance.
- Responding to Anxiety in the Moment: Strategies to foster calm and courage in real-time.
- Building a Practical Toolbox: Equipping practitioners with tools to diminish anxiety and cultivate brave behaviour.
- A Comprehensive Therapeutic Roadmap: Bringing all the pieces together for lasting change.

This workshop will inspire and equip professionals who work with Young People with the knowledge and tools to revolutionise their approach to anxiety in young people, ensuring meaningful and enduring outcomes. Join us to learn how to make a profound difference in the lives of the children and adolescents you support.



Karen Young has worked as a Psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator and consultant both at home in Australia and internationally. Karen is the founder of 'Hey Sigmund', an internationally acclaimed online resource that provides contemporary, research-driven information on Anxiety and the neurodevelopment of children. She has written three books, including the best-selling 'Hey Warrior' and 'Hey Awesome'. Karen is one of Compass Seminars most acclaimed and requested presenters.

### Tour Details:

- 📍 ROTORUA: 5th - 6th March 2025, Distinction Hotel, 390 Fenton Street
- 📍 DUNEDIN: 10th - 11th March 2025, Dunedin Public Art Gallery, 30 Octagon
- 📍 WELLINGTON: 12th - 13th March 2025, James Cook - Grand Chancellor, 147 The Terrace
- 🕒 9:00am - 4:00pm each day
- 💰 \$675 (incl. GST). Price includes lunch and tea break catering and presentation notes
- ❓ Contact the Compass Seminars team on 06 759 1647 or [office@compass.ac.nz](mailto:office@compass.ac.nz)

Brought to you by:  
**compass** | 25  
SEMINARS NZ YEARS

### 3 Ways to Register:

 [www.compass.ac.nz](http://www.compass.ac.nz)

 [office@compass.ac.nz](mailto:office@compass.ac.nz)



Scan Me