

Working With Anxiety in Children and Teens

A Two-Day Intensive Workshop

with Karen Young (Australia)



Anxiety is stifling too many young lives, but it doesn't have to be this way.

Modern insights have greatly expanded our capacity to support young people to engage with all aspects of life with resilience and courage. This engaging two-day workshop, with highly regarded, leading expert, Karen Young, will present a fresh, innovative approach to anxiety. Far from being "just another anxiety workshop," it will draw on neuroscience, evidence-based strategies, and highly respected therapeutic models to support practitioners in developing a fresh approach to anxiety and the therapeutic responses that will effect powerful change. This will be bolstered by a series of experiential exercises, allowing participants to consolidate learning, deepen their insight into their own personal processes, and acquire a range of innovative therapeutic interventions.

Karen will explore anxiety from the ground up and help participants create a practical and transformative therapeutic roadmap.

Participants will learn:

- the neurobiology of anxiety and how to use this as a scaffold for therapeutic change;
- the different ways anxiety can manifest in young children and adolescents;
- how anxiety can interfere with learning, performance (exams, sport, on stage), behaviour and how to shift anxiety to maximise learning, behavioural, and performance outcomes;
- how to build high-quality relationships with children and teens, or facilitate those relationships with children and other important adults (such as school staff), and why this is a fundamental part of treatment;
- making sense of separation anxiety and how to respond effectively to support brave behaviour;
- working with school 'refusal' - an innovative, proven approach;
- how to engage parents to be changemakers, why well-intended responses from parents often make anxiety worse, and the conversation and strategies that can have a transformational impact on anxiety;
- what to do when parents are resistant to the therapeutic process - moving past the impasse;
- how to respond to anxiety and resistance in the moment to make way for calm and courage;
- when peer relationships contribute to anxiety - the profoundly powerful way of working with bullying and strained peer relationships to build relational safety for all young people;
- the critical elements of 'presence' that children need from parents and important adults, and how to facilitate this;
- building the toolbox - practical strategies to diminish the inner experience of anxiety and build brave behaviour;
- the four key responses to anxiety, and how to use this to inform a more effective response;
- why old responses to anxiety can be resistant to change, and the simple explanation for young people that can break through this and build resilience and courage;
- the neuroscience of self-regulation, co-regulation, and the impact on anxiety immediately and in the long-term;
- how a young person's attachment history can impact anxiety and how to work with this;
- the relationship between trauma and anxiety, and how to build relationships that heal and protect;
- bringing it all together - a therapeutic roadmap detailing a practical, innovative plan for working with anxiety.

This workshop will inspire and equip you with the knowledge and tools to revolutionise your 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 began her career as a psychologist working extensively with children, teens and families. She is now recognised as a leading authority on paediatric anxiety and the neurodevelopment of children. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations both in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety. She is the author of six books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety, feelings, and behaviour. Karen's books have been translated into a number of languages and have collectively sold over 400,000 copies worldwide. Karen is one of Compass Seminars most acclaimed and requested presenters.

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Details:

- 📍 HAMILTON: 22-23 September 2026, Novotel Tainui, 7 Alma Street, Hamilton
- 🕒 9:00am - 4:00pm each day
- 💰 \$675 (incl. GST). Price includes lunch and tea break catering and presentation note
- 📞 Contact the Compass Seminars team on 06 759 1647 or office@compass.ac.nz

3 Ways to Register:

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