

Helping Students With Anxiety

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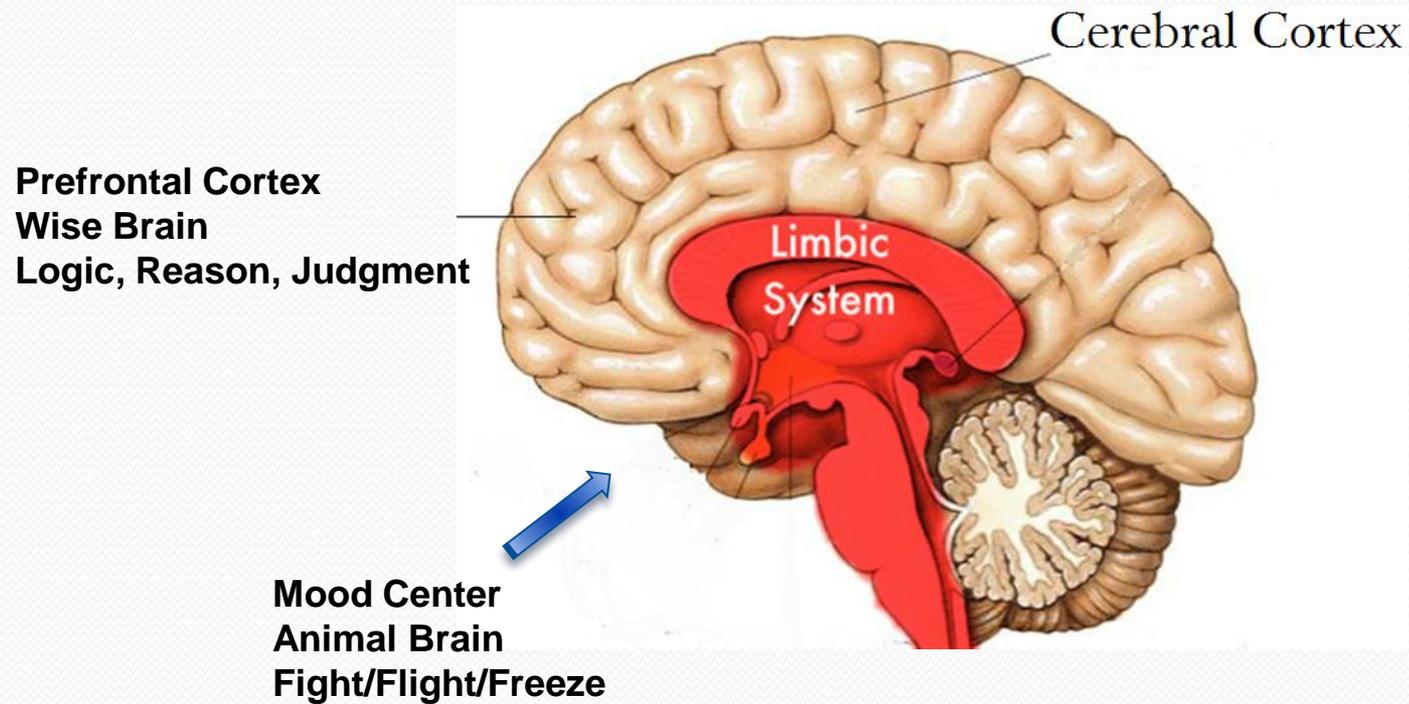
Anxiety Disorders

- Separation Anxiety Disorder
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Specific Phobia
- Panic Disorder
- Agoraphobia
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder

Some Considerations

- Anxiety cannot not be eliminated only managed.
- Anxiety *always* decreases over time, and most often, the feared outcome does not occur
- The brain cannot differentiate between something real or perceived
- There is no magic to therapy, it takes time, practice, patience and persistence

A Brain Based Model



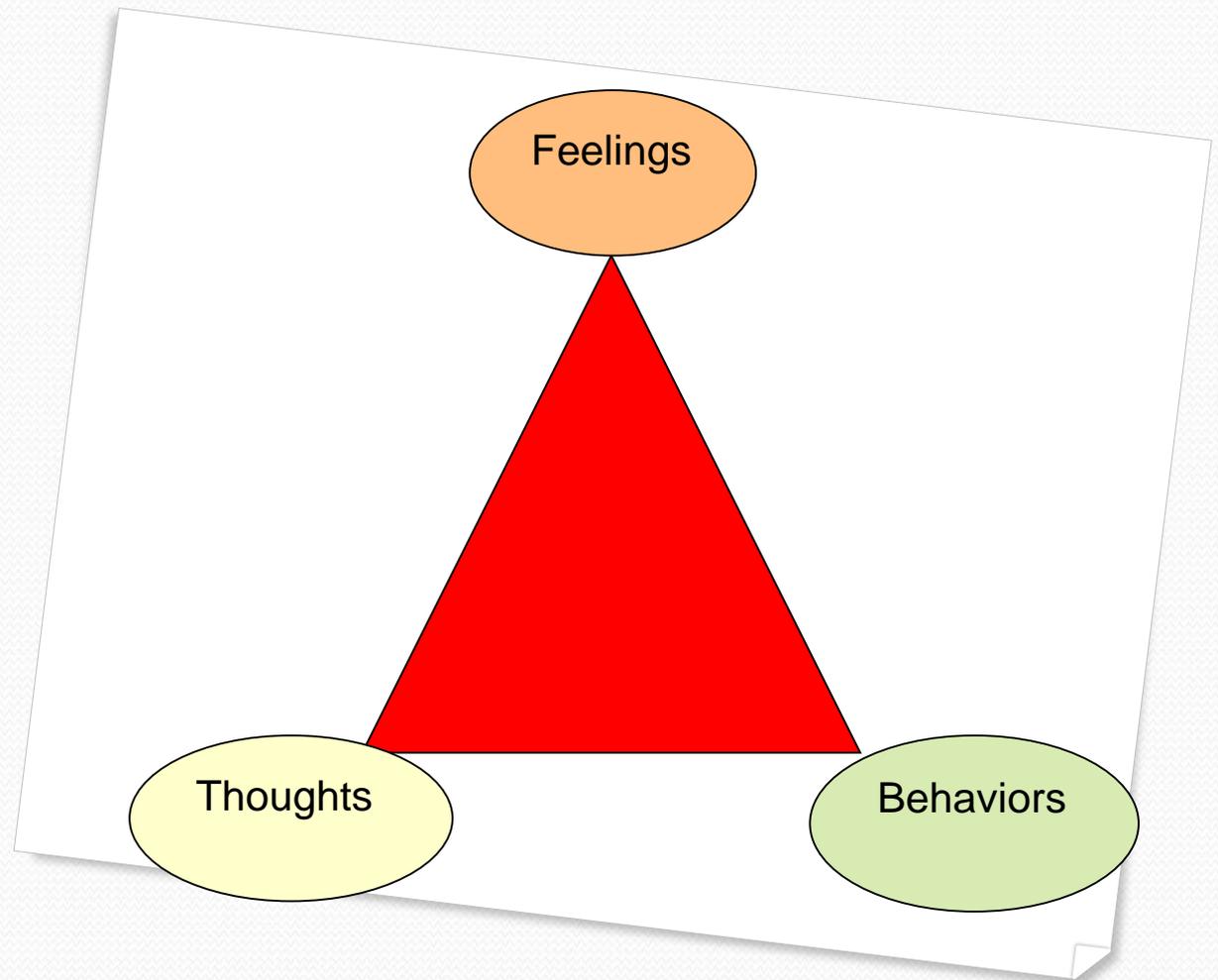
Understanding Anxiety In a Nutshell

The Power of Perspective

- Our perspective shapes the way we experience the world. The brain becomes a spotlight, focusing on certain information in the absence of other important information.
- Anxiety reflects a Catastrophizing perspective that generally has the student convinced that something terrible is going to happen when they are exposed to the anxiety provoking situation.
- The primary coping strategy is AVOIDANCE

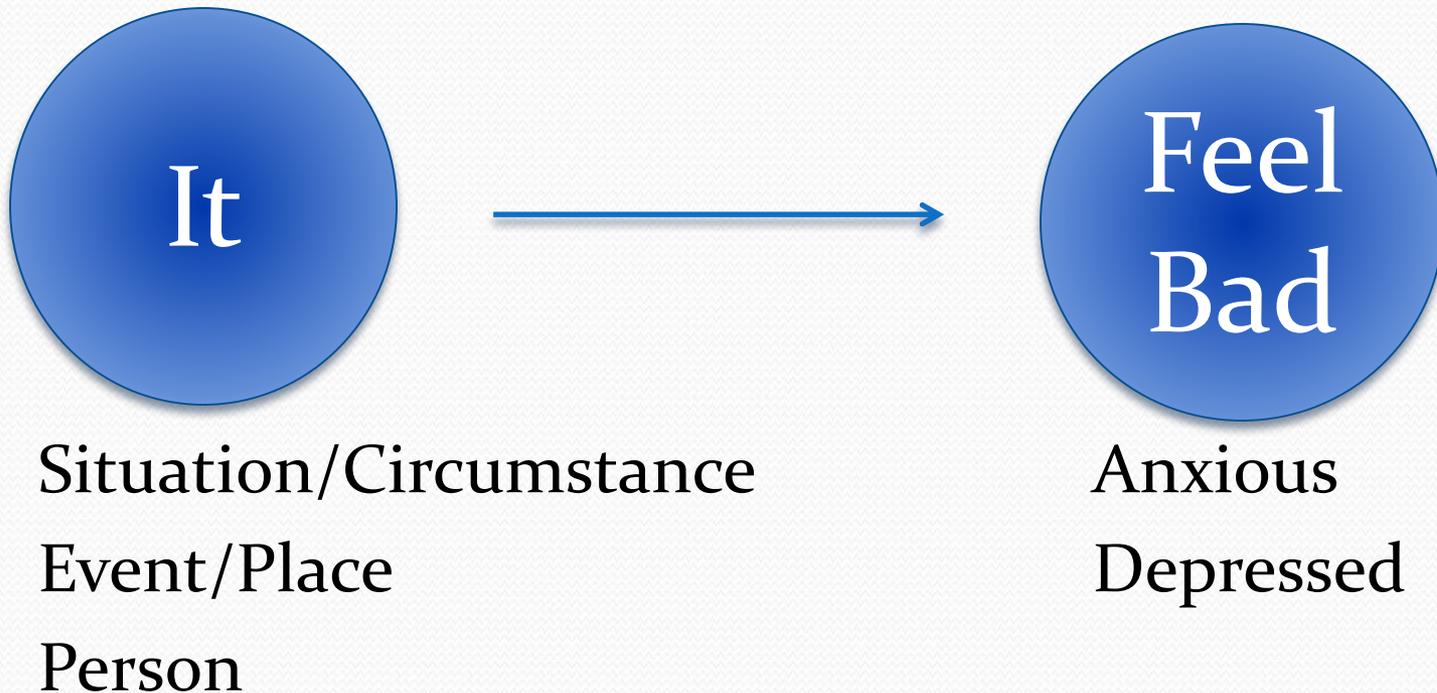
The CBT Model

Work with students to modify maladaptive thoughts, feelings and behaviors that develop and maintain psychological disorders.



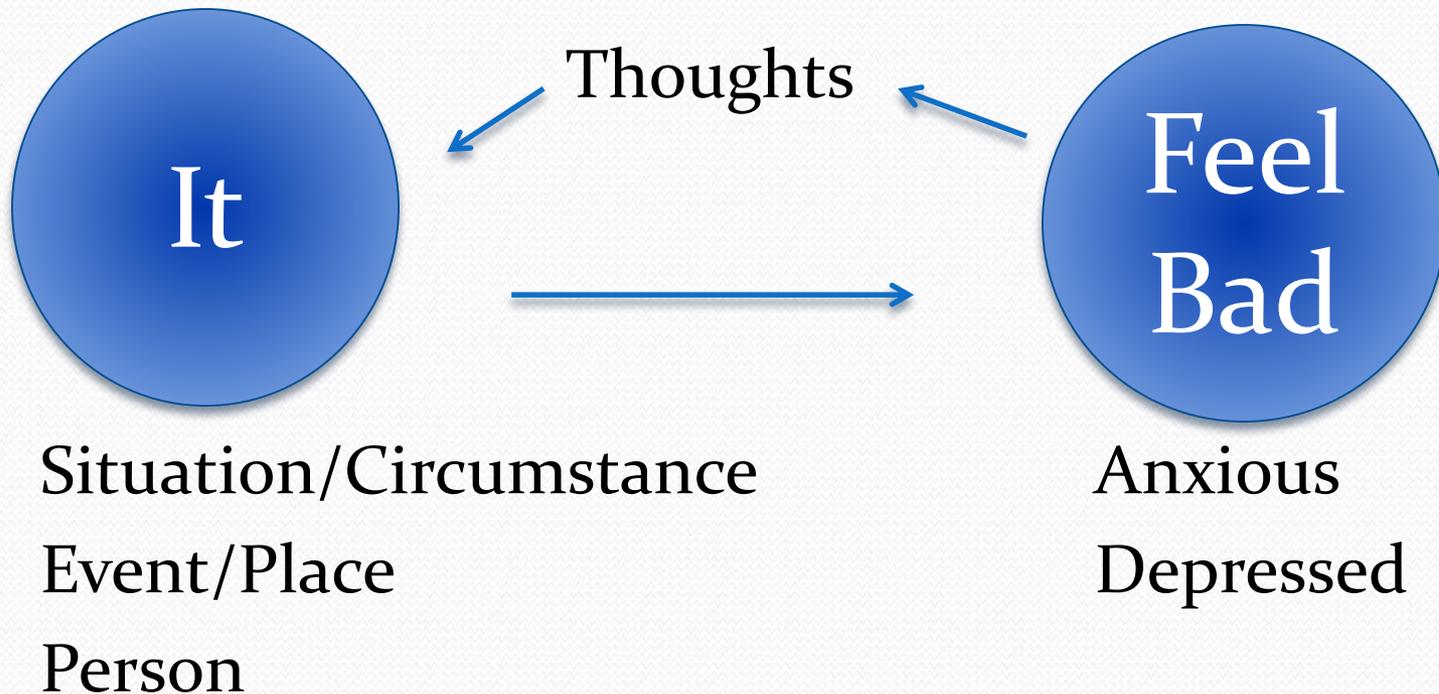
The Common Sense Model

What common sense tells us:



The CBT Model

An alternative perspective:



Just because you think it's true...

- We have the capacity to identify the irrational thoughts rummaging through our heads.
- Once identified, we can analyze and synthesize our thoughts for accuracy...AND if necessary
- Replace those thoughts with something more truth centered

What you can do as a School Counselor

1. Engage student and establish a rapport!
2. Teach them to understand the nature of anxiety (The Power of Perspective)
 1. Educate student on self counseling (Introduce the CBT model)
 1. Introduce Coping Strategies (Meditation, Deep Breathing Techniques, Distractions, CBT)

CBT in Action

- Cognitive Restructuring
- Exposure

Cognitive Restructuring

- The Four Step Motivational Exercise
 - I am 100% responsible for...
 - I do not want...
 - I want...
 - I have faith that...
- Mental Exercise
 - I am thinking...
 - The truth is...
 - What I need to do is

Exposure

EXPOSURE: *To go places and do things!*

- Anxiety provoking situations
- Aim is not to remove anxiety, but to be able to manage it, so child *should* experience anxiety.
- Opportunity to practice
- Gradual (step-by-step)
- Repetition is key!
- Stay in the situation until the anxiety decreases

Exposure



- Collaborating
 - Child knows exposure in advance and agrees
- In-session Preparation
 - Practice/Role-Play
- Processing Exposures
 - How does the child think he/she did?
 - Remember to reward the child after the exposure
- Exposures in and out of session

Benefits of CBT in Schools

- Maximize access to interventions by reaching young people where they spend most of their time
- Increased opportunity for early detection/prevention
- Reduce common obstacles that typically prevent youth from receiving care
- Opportunities to intervene in the setting where problems most often occur (*Ginsburg et al., 2008*)
 - Potential for greater impact on everyday lives of youth
- Often provides much more affordable care for families

Q & A

- Thank you for giving me the opportunity to speak to me today.
- If you have questions or need further information, please contact me via cell or email.
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