



**BC Council for Exceptional Children | Fall Workshop**

# **ANXIETY IN THE CLASSROOM: A TOOL BOX FOR TEACHERS**

**Presented by: Dr. Katherine Martinez**

**Date: Friday, October 21, 2016**

**Location: Surrey Christian School Secondary Campus  
15353-92<sup>nd</sup> Ave., Surrey, BC**

**Time: 9:00 am - 3:30 pm -- Lunch Included!**

**Doors Open / Coffee Served: 8:30am**

Educational professionals are increasingly challenged to support students with all levels of anxiety and related behaviours. This workshop is designed for professionals who work in educational settings with youth aged 5-18.

This workshop will provide information about the most common anxiety disorders in school-aged children: separation anxiety, generalized anxiety, and social anxiety, as well as obsessive compulsive disorder (OCD). The presentation will examine how these specific anxiety disorders can impact the child, and what it “looks” like within the classroom setting.

Participants will gain knowledge of various cognitive-behavioural strategies to help support students either diagnosed with a specific anxiety disorder or demonstrating behaviours that might be indicative of an emerging anxiety disorder. There will be time throughout the day for ongoing questions and discussion to help bring concepts to life and to allow participants the opportunity to practice some of the skills introduced.

## **Who Should Attend:**

- K-12 Classroom Teachers
- Learning Assistance/Resource Teachers
- Paraprofessionals
- Other professionals who support students with complex learning needs

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### About Our Presenter:



**Dr. Katherine Martinez** is a registered psychologist in British Columbia with over 15 years of experience in clinical work, research, and training. Dr. Martinez is on staff at the Vancouver CBT Centre and specializes in cognitive-behavioral assessment and treatment of anxiety, mood, and childhood disorders in youth, as well as working with college students as they navigate the transition from adolescence into adulthood. She also provides parent effectiveness training to parents and caregivers of children aged 2-18 in both office and home settings as needed. In addition to direct clinical care, Dr. Martinez has co-authored the book, My Anxious Mind: A Teen's Guide to Anxiety and Panic (Magination Press, 2009).

### Registration Information:

Please register and pay online at **[www.bccec.org](http://www.bccec.org)**

### Registration Deadline: Friday, October 14, 2016

Register early, enrollment is limited.

### Registration Fee: CEC members \$60.00 | Non CEC members \$130.00

- Become a member today and save! Basic membership \$65!
- Membership available online at <http://www.cec.sped.org/Membership>
- Bring confirmation of membership registration (receipt) to the workshop, and the membership price will be honoured! (proof of membership registration must be provided)

### About the BC Council for Exceptional Children

Since its inception, BC CEC has advocated for students with exceptionalities—those with disabilities and special challenges as well as those with gifts and talents. BC CEC is committed to individuals who work with students with exceptionalities—educators, support personnel and parents—recognizing that these dedicated people require tools, resources and professional opportunities to perform their jobs well. BC CEC supports these individuals by providing educational workshops and conferences on leading best practices throughout the year. BC CEC's highlight each year is the YES I CAN! Awards celebration to recognize the outstanding achievements of students with exceptionalities in British Columbia. Students from around the province are recognized in one of seven different categories: academics, arts, athletics, school and community activities, technology, self-advocacy, and transition. Consider nominating a student you know. For more information about the BC Council of Exceptional Children, check out our website – [www.bccec.org](http://www.bccec.org). Like us on Facebook!

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