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- Questions can be directed to:
 - Webinars@Erikson.edu
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Kerry Kyle Davies, LCSW



- Has been working with children and families across the Midwest since 2004
- Received her master's degree in clinical social work from Loyola University Chicago, with concentration in both Mental Health and Children and Families
- Extensive experience working with children with severe behavioral and emotional challenges in residential, self-contained classroom, outpatient, and home-based settings
- Passion and drive to aid children and families affected by poverty and violence
- Private practice on the north side of Indianapolis, where she uses a combination of attachment, empowerment, cognitive-behavioral, and family systems theories in both individual and family therapy.



Anxiety in Early Childhood: A Root Cause of Behavioral and Emotional Issues

with Kerry Kyle Davies, LCSW



Introduction

- Welcome!



Why are we here today? Poll Question

- Many different backgrounds of our participants
- Why are you joining us?
 - Therapist
 - Other Medical Professional
 - Educator
 - Parent
 - Other



Why is this important?



Why this topic?!

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Material Overview

- Case Study
- Behavioral Problems in Young Children
 - Normal behavioral issues
 - Symptoms
 - Diagnoses
- Anxiety in Young Children
 - Normal anxieties
 - Symptoms
 - Diagnoses

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Material Overview

- Causes of anxiety in Young Children
- What can we do?
 - Creating relationships
 - Decreasing anxiety due to environment
 - Behavioral modification
 - Psychiatric treatment

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Case Study – “D”

- How I met “D”
- Initial presentation
- Previous treatment
- Symptoms and diagnoses
- Educational history
- Family history



Behavioral Problems in Young Children

What are some common behavioral problems seen in young children?

Use your Q&A box now!



Behavioral Problems in Young Children

- Normal behavioral problems:
 - Disobedience
 - Poor focus/concentration
 - Anger outbursts/tantrums
 - Impulsive behaviors
- Duration and appropriateness to development
- Cause significant impairment or stress
- Effects of trauma



Behavioral Problems in Young Children

- Symptoms
 - Anger outbursts
 - Oppositional behavior
 - Defiant behavior
 - Issues with concentration and focus
 - Hyperactivity
 - Inattention
 - impulsivity



Behavioral Problems in Young Children

- Diagnoses related to behavioral issues
 - Attention Deficit-Hyperactivity Disorder
 - Symptoms
 - Duration
 - Cause impairment
 - Outside of normal development



Behavioral Problems in Young Children

- Oppositional Defiant Disorder
 - Lasting at least 6 months
 - Symptoms
 - No serious violations of rights of others



Behavioral Problems in Young Children

- Conduct Disorder
 - Violates personal rights of others and societal rules
 - Childhood onset versus adolescent onset
 - Symptoms:
 - » Aggression to people and animals
 - » Destruction of property
 - » Deceitfulness/theft
 - » Serious violations of rules



Anxiety in Young Children

- Common Normal Fears:
 - Experienced and moved past as development continues
 - Effects of Trauma
 - Do not cause significant impairment or distress



Anxiety in Young Children

- Normal Anxiety:
 - Birth to 6 months
 - 7 to 12 months
 - 1 to 5 years
 - 3-5 years
 - 6 to 12 years
 - 12 to 18 years



Anxiety in Young Children

What are some common characteristics of children experiencing anxiety?

Use your Q&A box now!



Anxiety in Young Children

- Diagnoses related to anxiety
 - Specific Phobia
 - Excessive and unreasonable fear with anxiety response
 - Differences in children
 - Duration



Anxiety in Young Children

- Social Anxiety Disorder
 - Fear of social situations
 - Differences in children
 - Negative impact on life



Anxiety in Young Children

- Generalized Anxiety Disorder:
 - Worries regarding multiple areas
 - Symptoms
 - “D”



Anxiety in Young Children

- Post Traumatic Stress Disorder
 - exposure to life-threatening trauma
 - Child’s response
 - three categories of symptoms: re-experiencing event, avoidance of the event/general avoidance of feelings, increased arousal



Anxiety in Young Children

Re-experiencing the Event

- recurrent recollections of the event or repetitive play regarding themes from the event (ie: safety, death, abuse)
- recurrent dreams of the event or frightening dreams
- acting/feeling as though the event is still occurring or reenactment of event
- emotional distress when exposed to cues that remind child of event (ie: getting into a car if child was in car accident)
- physiological reactivity when exposed to cues that remind child of event (ie: headache, throwing up, difficulty breathing)



Anxiety in Young Children

Avoidance of the event/general avoidance of feelings

- avoidance of thoughts, feelings or discussion re: trauma
- avoidance of things (activities, people, places) that remind child of trauma
- inability to remember part of event
- decreased interest in usual activities
- feelings of isolation from others
- decreased range of affect/feelings
- feeling as though future has been changed due to trauma (ie: normal life span, not finishing school)



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Anxiety in Young Children

Increased Arousal

- difficulty sleeping
- irritability/anger outbursts
- difficult concentration
- Hyper-vigilance
- exaggerated startle response



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Anxiety in Young Children

Panic Disorder with or without agoraphobia

- Rare in children
- Symptoms
- Less common symptoms in children
- Effects of attacks
- Agoraphobia



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Causes of Anxiety in Young Children

- Temperament
- Genetic predisposition
- Environment
- Family dynamics and modeling of behavior
- Peers
- Educational system



What Can WE Do?!

What are some things we can do to help these children?

What have you tried in your work or home?

Use your Q&A box now!



What Can WE Do?!

Kids need:
to know what to expect,
to know that they are safe,
and to know that they are loved.



What Can WE Do?!

- Empathy
 - Build relationships
 - Do more than diagnose and treat symptoms
 - Avoid labeling!
 - Individual empathy
 - Institutional empathy



What Can WE Do?!

- Decrease environmental anxiety
 - Routine at home
 - Routine at school
 - Change environment



What Can WE Do?!

- Behavior modification
 - Expectations
 - Consequences
 - Home and School
 - Consistency!!



What Can WE Do?!

- Activity
- Nutrition
- Sleep:
 - 1-4 Weeks Old: 15 - 16 hours per day
 - 1-4 Months Old: 14 - 15 hours per day
 - 4-12 Months Old: 14 - 15 hours per day
 - 1-3 Years Old: 12 - 14 hours per day
 - 3-6 Years Old: 10 - 12 hours per day
 - 7-12 Years Old: 10 - 11 hours per day
 - 12-18 Years Old: 8 - 9 hours per day



What Can WE Do?!

- Psychiatric Treatment
 - Individual therapy
 - Family therapy
 - Group therapy
 - Skills training
 - Psychopharmacology
 - IEP



Closing

- What did we learn?
 - Case Study
 - Behavioral Problems in Young Children
 - Anxiety in Young Children
 - Causes of anxiety in Young Children
 - What can we do?



Closing

- Check in with "D"
 - How were behaviors seen in the school linked to anxiety?
 - Dangers of labeling
 - My relationship with "D"



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Q & A



Kerry Kyle Davies, LCSW

Ask questions in the Q&A panel



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Upcoming Webinars

- **Young Children and Divorce**
with Denise Duval Tsioles, Ph.D.
April 1, 2015 10:00am-11:30am CST
- **Ethical Social Work Practice in Uncertain Times**
with Tonya Bibbs, Ph.D.
May 13, 2015 10:00 am-11:30am CST

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