

# Anxiety in Children and Teens



Thu 29th Mar. 2018 | 19.30-21.15 £18  
The Maltings Theatre, Level 2, The Maltings, St Albans AL1 3HL

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Anxiety is a normal part of growing up but some children experience ongoing difficulties with anxiety that not only affect their day-to-day lives, but can have a long term negative impact on their social and emotional development. Anxiety is not always easy to identify and it can be expressed in many different ways. Research has shown that children susceptible to anxiety often have a tendency to think and behave in ways that maintain their difficulties. Dr Shafran will share psychological treatments to focus on altering these unhelpful patterns and have been proven to be effective. Many of the strategies used by clinicians can be adapted and incorporated into daily family life, with parents taking a lead to help their child overcome their difficulties. In this talk, we will provide information to help parents distinguish between developmentally appropriate anxiety and levels which may benefit from more targeted intervention. We will also share early risk factors which may contribute to later development of anxiety and provide an overview of practical strategies which parents can employ at home to support their children.

## Who is this event for?

This talk is suitable for parents of children of all ages, particularly 7-18 years. Most of the strategies our speaker talks about will come from a clinical point of view (i.e. doing therapy).

## What parents will gain from the event

- An overview of recent research relating to the development and treatment of childhood and teen anxiety.
- Insight into the various ways that anxiety might manifest in children and teens.
- Practical tips for how best to respond to an anxious child and help them overcome their difficulties.
- An awareness of the resources available to support parents of anxious children and teens.

## About our speaker

Sam Cartwright-Hatton began her career with a D.Phil (PhD) in the Department of Psychiatry at Oxford, under the supervision of Adrian Wells. The subject of this thesis was a MetaCognitive model of Generalised Anxiety Disorder in Adults.

During subsequent clinical psychology training in Manchester, she developed an interest in the area of anxiety in childhood and joined the Manchester clinical course as academic tutor, while working half-time as a clinical psychologist in the Manchester Children's Trust.

Eighteen months after qualification, she was awarded a 3-year NHS executive fellowship to develop her research in anxiety in childhood, with Professor Richard Harrington. This was followed by a 4-year MRC Clinician Scientist Fellowship to trial a new intervention for families of young anxious children.

She joined the University of Sussex in 2011 with an NIHR Career Development Award to develop and test a preventative intervention aimed at families with an anxious parent.

Sam was awarded the British Psychological Society Award May Davidson Award in 2009 for her research into anxiety of childhood.