Diagnosis and Treatment of Anxiety Disorders and Obsessive-Compulsive Disorder in Children and Youth

A Workshop

October 4th, 2024

8:30am-12pm

Blue Room, Dining Centre 105
124 University Gate NW
University of Calgary

THE MATHISON CENTRE
for MENTAL HEALTH RESEARCH & EDUCATION

Tourette OCD Alberta Network

The Mathison Centre for Mental Health Research & Education has developed this workshop in partnership with the Tourette OCD Alberta Network, a registered charity. This workshop is approved by The Royal College of Physicians and Surgeons of Canada and the Canadian Psychological Society for continuing professional development credits.

Overall learning objectives. At the end of this workshop, the learner will be able to:
1. Identify the key clinical features of generalized anxiety disorder, social anxiety disorder, and separation anxiety disorder in children and youth
2. Identify the key clinical features of obsessive-compulsive disorder in children and youth
3. Demonstrate awareness of evidence-based psychological therapies for treatment of anxiety disorders and obsessive-compulsive disorder in children and youth
4. Demonstrate appropriate skills in initiating and monitoring effectiveness and safety of medical treatment of generalized anxiety disorder, social anxiety disorder, separation anxiety disorder and obsessive-compulsive disorder in children and youth with selective serotonin reuptake inhibitors, when indicated

One ticket for the workshop is $25

To attend, please sign up at:

bit.ly/4cCN4bV

Scan me

Dr. Iliana Ortega is an Associate Professor with the Department of Psychiatry, and is the Division Head for Child and Adolescent Psychiatry at the University of Calgary.

Dr. Paul Arnold is Professor and Director of The Mathison Centre for Mental Health Research & Education at the University of Calgary.

Dr. Felicity Sapp is Clinical Director and owner of OCD and Anxiety Psychological Services in Calgary.

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Session Specific Learning Objectives

Diagnosis and medical treatment of anxiety disorders in children and youth	Diagnosis and medical treatment of obsessive-compulsive disorder in children and youth	Psychological therapies for anxiety disorders and obsessive-compulsive disorder in children and youth
Session One 8:30-9:30	Session Two 9:30-10:15	Session Three 10:45-11:45
At the end of this session, the learner will be able to:	At the end of this session, the learner will be able to:	At the end of this session, the learner will be able to:
Lecturer: **Dr. Iliana Ortega**	Lecturer: **Dr. Paul Arnold**	Lecturer: **Dr. Felicity Sapp**
• Describe the diagnostic features of anxiety disorders in children and youth	• Describe the diagnostic features of OCD in children and youth	• Describe evidence-based psychological therapies for the treatment of anxiety disorders and OCD in children and youth
• Explain clinical features which allow clinicians to distinguish between these conditions	• Explain clinical features to distinguish between OCD and obsessive-compulsive behaviours in autism and PANDAS	• Identify appropriate treatment candidates for psychological therapies
• Identify initial treatment approaches for anxiety disorders	• Identify initial treatment approaches for OCD	• Explain parent and family involvement in psychological therapies
• Demonstrate skills in initiating and monitoring effectiveness and safety of medical treatment with SSRIs	• Demonstrate skills in initiating and monitoring effectiveness and safety of medical treatment of OCD with SSRIs	• Identify resources (self-directed, parent guided and therapist delivered) for psychological therapies for anxiety disorders and OCD
	• Demonstrate awareness of antipsychotic augmentation for SSRI treatment resistant patients and when to refer to a specialist	