

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

Worrywarts and How You Can Help Them: Understanding Anxiety Disorders in Children

Do you wonder how to help your child relax and cope with things that make him/her anxious? Does it concern you that maybe he/she worries too much? This workshop will present and discuss symptoms and behaviors typical of a variety of anxiety disorders in children and adolescents. Parents will learn specific methods to help their children cope with anxiety and control its symptoms and impact.

Approved for 3 Hours of Foster Parent Credit

About the Trainer:

Warren Phillips, Ph.D.

Warren is a Licensed Psychologist and owner of Central Iowa Psychological Services, a group psychological practice with locations in Ames and West Des



Moines, Iowa. Warren is also a Senior Lecturer and clinical supervisor in the Department of Psychology at Iowa State University. His areas of specialty include working with children, adolescents, and adults who have numerous neuro-biological disorders including attention-deficit disorder, learning disabilities, bipolar disorder, autism-spectrum disorders, and obsessive-compulsive disorders.

HOW TO REGISTER FOR THIS CLASS

REGISTER VIA PHONE

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

REGISTER ON OUR WEBSITE

To sign-up for a class through our website, [complete our registration form](#). IFAPA will follow-up within two business days to confirm your enrollment.

