

# **Identifying and Addressing Anxiety and Trauma Related Disorders in Children and Adults**

## **Program Description**

This program is designed to help practitioners become more familiar with identifying the signs and symptoms of anxiety and trauma related disorders in children and adults. Information on the basic epidemiology of anxiety and trauma related disorders will be presented. We will review the basic diagnostic criteria for the most prevalent anxiety and trauma related disorders for both children and adults. We will discuss common comorbidities as well as differential diagnosis of both classes of psychiatric illness. Finally, we will review common evidence-based interventions for both children and adults.

Content will be delivered using a combination of engaged audience discussion, PowerPoint presentation, short videos, case-studies, and group work. The focus of this work will be on identifying and differentiating between the different anxiety and trauma related disorders. While we will review common evidence-based treatments, we will not go in-depth into any one treatment.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Explain the prevalence of anxiety and trauma disorders in adults and children in the United States.
2. Distinguish between common anxiety and trauma related disorders.
3. List common risk and protective factors for these disorders.
4. Identify the symptoms of common anxiety and trauma related disorder in both children and adults.
5. Discuss differential diagnosis of anxiety and trauma related disorders and name other potential diagnoses with overlapping symptoms.
6. Describe common evidence-based treatments for anxiety and trauma related disorders in children and adolescents.

## **Target Audience**

Mental Health and health professionals as well as providers working in allied disciplines.

## **Contact Hours**

4.0 - 6.0 credit hours

## **Program Agenda**

9 AM to 9:30 AM	Introductions
9:30 AM to 10:30 AM	Epidemiology of Anxiety and Trauma Related Disorders
10:30 AM to 10:45 PM	Break
10:45 AM to 12:15 PM	Recognizing and Diagnosing Common Anxiety and Trauma Related Disorders
12:15 PM to 12:30 PM	Break

12:30 PM to 1:30 PM

Common Evidence-Based Treatments for Anxiety and Trauma Related Disorders

1:30 PM

Adjourn

### **Faculty**

**Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW** is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, co-investigator at the Family Informed Trauma Treatment Center and a consultant with the Center for Adjustment, Resilience & Recovery – all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh and a bachelor's degree in psychology from the University of Tennessee. Her research reflects over two decades of experience conducting community based as well as and national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

A community-engaged scholar, Dr. Bledsoe is dedicated to partnering with communities to strengthen the mental health of children, adults, families, and communities. Her research and scholarship have been supported with funding from federal and state agencies, foundations, and private donors. Her research, clinical expertise, and certification as a practitioner, supervisor, and trainer in multiple empirically supported interventions inform her teaching of primarily direct practice courses including Brief Treatment, Interpersonal Psychotherapy, and Motivational Interviewing.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. A Society for Social Work and Research Fellow, her work has been recognized with awards from the Office of the UNC-CH Provost, UNC School of Social Work, UNC Center for Global Initiatives, Council on Social Work Education, Office of Behavioral and Social Science Research, and the American Society of Clinical Psychopharmacology. She has been a Guest Professor at the University of Toronto, University of Maryland at Baltimore, and Renmin University, Beijing, China. Additionally, she has been consulting editor for Social Work Research and Social Work and on the editorial review board of Research on Social Work Practice, Social Work in Mental Health, and Social Work in Health Care.