



Riverview Counseling Center

Director: Mary-Michael Levitt, Ed. S., LMFT, LPC

www.riverviewcc.com

In Service Training for Pre School Teachers and Staff

Understanding and Managing Anxiety in Pre School Children:

Presenter: Mary-Michael Levitt Ed. S., LMFT LPC

Registration Required: Form attached.

Training Certificates Provided at completion of training

Date: October 26, 2010

Time: 7:00—9:00 pm

Location: Mt. Olive Public Library 202 Flanders-Drakestown Rd. Flanders NJ

Directions: <http://www.mopl.org/drivingdirections.htm>

Contact person: Mary-Michael Levitt 908-850-5778 mary-michael@riverviewcc.com
Bio at <http://www.riverviewcc.com>

Description: Interactive Training

What You Will Learn

The Nature of Anxiety: Research based overview.

Behavioral Understanding of

- Separation Anxiety
- Shyness vs. Social Anxiety
- The role of anxiety in aggressive behavior.
- Difficulty with Transition between activities
- Limited Play Ability
- Excessive Stranger Anxiety
- Defiant behavior.

1. Recognize the line between Natural Developmental Anxiety and Disruptive Fears.
2. Summarize 10 critical ways to respond to an anxious child.
3. Demonstration: How to communicate teacher concerns to parents.

Question & Answer Period:

E-mail: mary-michael@riverviewcc.com

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Confidential Counseling for individuals, couples, families & their children