

2009-2010 FCAP Seminar Series: A series of thoughtful and engaging seminars on evidence-based practice relevant for child welfare professionals

“Treating Anxiety: Evidence-Based Treatment Strategies”

Presented by Stacy Shaw Welch, Ph.D

Wednesday, June 2, 2010

1:00 – 3:30 PM

UW Tower

4333 Brooklyn Ave NE, Seattle, WA 98105

Taken together, anxiety disorders are the most common category of psychiatric disorders in both children and adults. Research has identified effective treatments to help decrease anxiety and improve functioning. This presentation will review:

- What anxiety is: how to identify anxiety, distinguishing between “normal” or situational anxiety and a persisting anxiety disorder
- Specific anxiety disorders seen in children, adolescents and adults
- The latest research on treatment for anxiety disorders across development
- Ways to use “modular” treatment approaches for anxiety to assist individuals with simple to very complex presentations

Stacy Shaw Welch, Ph.D. is the founder and Director of the Anxiety and Stress Reduction Center of Seattle (ASRC), an outpatient specialty clinic that serves children, adolescents and adults suffering from anxiety and stress-related problems. The ASRC is part of a larger center specializing in evidence-based treatment for mental health issues called the Evidence Based Treatment Centers of Seattle, which Dr. Welch also oversees. In addition to her clinical practice specializing in anxiety disorders, she is part of the clinical faculty of the University of Washington Depts. of Psychiatry and Behavioral Sciences and Psychology. Her research activities include recent work on a study on treatment of anxiety disorders in primary care. She has received funding for her research from the National Institute of Mental Health and the Ford Foundation. Recent and upcoming publications include work in the Journal of Consulting and Clinical Psychology, Depression and Anxiety, and JAMA. She is also active in training and consulting with other professionals, and is part of the training arm of CHAMMP (the Center for Healthcare Improvement for Addictions, Mental Illness, and Medically Vulnerable Populations), a center of emphasis at Harborview Medical Center.

REGISTRATION

Seating is limited, so reserve your space early. There is no cost for this seminar.

[Click here to register](http://tinyurl.com/2vkyg4m), or go to <http://tinyurl.com/2vkyg4m>

Questions? Please email **Diane Klindt** at dianek4@uw.edu



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