

Lynn Lyons, LICSW, is a psychotherapist who lives and has a private practice in Concord, NH. For 20 years, Lynn has worked with children and adults as a “how-to” therapist, and her workshops, seminars, and private sessions teach concrete skills and usable techniques. Lynn’s approach combines her extensive knowledge of clinical hypnosis with cognitive and strategic therapies. She specializes in the treatment of anxiety disorders, particularly in children, including generalized anxiety, phobias, social anxiety, obsessive compulsive disorder, and performance anxiety.

Lynn frequently presents to parents, teachers, and other helping professionals locally and at national conferences. She received a BA in English from Williams College in 1987 and a Masters in Social Work from Boston University in 1990. She is a member of the American Society of Clinical Hypnosis (ASCH) and NASW. She is an ACE certified personal trainer, spinning instructor, and is married with two sons.

Martha B. Straus, Ph.D., is a professor in the Department of Clinical Psychology at Antioch University New England Graduate School in Keene, NH, and adjunct instructor in psychiatry at Dartmouth Medical School. She maintains a small private practice in Brattleboro, VT and consults to schools, social service agencies, and courts. She received her undergraduate degree with Honors from Brown University and her master’s and doctorate’s in Clinical/Community Psychology from the University of Maryland. Dr. Straus completed her internship training at the Yale Child Study Center where she was also a Ziegler Fellow in Child Development and Social Policy. Her doctoral training at Harvard Medical School and at Judge Baker Guidance Center/Children’s Hospital Boston included four years of specialization in child forensic psychology. Dr. Straus is the author of four books including No Talk Therapy for Children and Adolescents and more recently Adolescent Girls in Crisis: Intervention and Hope. Dr. Straus presents and consults internationally on issues of child and family development, attachment, trauma, and treatment.



**NHSCA Fall Conference
October 30, 2009**
**Hidden Realities in the
School Setting: Helping Anxious Students**

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**Hidden Realities in the School Setting:
Helping Anxious Students**

**NHSCA Fall Conference
October 30, 2009**

**Featuring:
Lynn Lyons, LICSW and Martha B. Straus, Ph.D.**

Morning Workshop

Treating Anxious Children in a School Setting

with

Lynn Lyons, LICSW:



Anxiety in children is on the rise, and is a significant predictor of eventual comorbid depression. Further, without attention, anxiety increases in severity.

School counselors, teachers, and school nurses are often the first to see anxious children, and have the important role of identifying, treating, and referring these students. With knowledge about the cognitive processes and coping strategies that help create a cycle of anxiety, psychosocial isolation, and depression in anxious children, school counselors can help to create effective interventions and accommodations. This workshop will focus on the use of concrete, empirically supported strategies that teach emotional management. Specific attention will be given to the development of accommodations in the K-12 school setting that move children out of the anxious patterns that impact learning and socializing.

More about Lynn Lyons at www.lynnlyonsnh.com

Registration and Breakfast begins at 7:45

Conference begins at 8:30

Lunch will be provided

Cancellation Policy: This conference will not be cancelled due to inclement weather.

Afternoon Workshop

Attachment Disorders in the Classroom and in Therapy: A Hidden Problem

with

Martha B. Straus, Ph.D.



Attachment and trauma problems constitute the often overlooked root of difficulties for a growing number of children in school. Frequently manipulative, defiant, and behavior disordered, and always anxious, these children do not usually respond to traditional teaching or therapeutic strategies. This workshop will examine how to recognize attachment difficulties in the K-12 classroom and how to address the challenges with emotional regulation, empathy, control, and motivation. Dr. Straus will describe an array of strategies and skills that can be used with children in schools to help them feel more in control, and behave more competently.

More about Martha Straus at www.marthastraus.com

October 30th at the Holiday Inn, Concord NH
172 North Main Street (603) 224 8266

Graduate credit available for an additional fee with a written assignment. Details available at the conference on the assignment. To sign up contact:

Keene State College-Office of Continuing Education
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Email: continuing-ed@keene.edu

Tear off and submit with payment to: (Unless registering online then go to www.nhschoolcounselor.org)

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Name: _____ School: _____
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Early Bird Member Price: \$100 Post Marked by October 1st
Member Price after October 1st: \$110
Non-member Price: \$150
Day of the Event (as space limits): \$150