

AUREEN PINTO WAGNER, Ph.D.

UPCOMING WORKSHOPS FOR PARENTS & CONSUMERS

Wagner, A. P. (October 8, 2019, 6-7.30pm). *Helping Kids and Teens Cope with Anxiety*
Two hours, for parents, sponsored by St. Michael School, Cary, NC, Family Forum.

ABOUT DR. WAGNER'S WORKSHOPS FOR PARENTS

Anxiety is a normal and healthy emotion that all of us experience everyday. But sometimes, it becomes more harmful than helpful. Did you know that anxiety disorders are the most common mental health problem in children and adolescents, and far more common than attention-deficit disorder or substance abuse? Serious anxiety, which affects 13% or 6.5 million school-aged children, can sidetrack youngsters from the business of growing up, learning and just being kids. The parents of anxious children struggle to find the right parenting strategies, and families experience the disruption that anxiety can bring into the home. With early recognition and timely treatment, 80% of these children and adolescents can successfully overcome anxiety.

Dr. Aureen Wagner will describe how to tell the difference between normal and problem anxiety and how to recognize early warning signs in children and teenagers. She will offer practical guidance and specific how-to steps for parents to help children overcome worry, perfectionism, test anxiety, school refusal, separation anxiety, social anxiety, excessive shyness, panic, disasters and tragedies, obsessions and compulsions. In addition, she will discuss how anxiety manifests in school, effective treatments, what parents can do to help, what school personnel can do to help, valuable strategies at home and school, and the do's and don'ts of parenting.

Dr. Wagner's workshops are packed with useful information, combining scientifically-proven cognitive-behavioral therapy (CBT) with highly practical, creative and user-friendly strategies. Topics may cover anxiety disorders as a group or specific disorders such as OCD.

Topics covered include:

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| ❖ Normal childhood fears | ❖ Cognitive-behavioral therapy (CBT) |
| ❖ Normal vs. problem anxiety | ❖ Child-friendly coping strategies |
| ❖ Different forms of anxiety in youngsters | ❖ Medications for anxiety |
| ❖ What's anxiety, what's not? | ❖ The 3 P's of effective parenting |
| ❖ How anxiety manifests in school | ❖ Managing meltdowns and explosiveness |
| ❖ What causes anxiety? | ❖ What <u>not</u> to do: Strategies that don't help |
| ❖ The fuel for anxiety: The Anxiety Triad | ❖ Working with your child's school |
| ❖ The Vicious Cycle of Avoidance | ❖ Building self-reliance in your child |
| ❖ Parent "traps" | |

Comments by Attendees at Dr. Wagner's Workshops for Parents

- This was outstanding and superb. Gave me words and explanations to what my child is experiencing.
- It was great to learn how to teach children to think calmly.
- It was great. I liked your style and I love the idea of the Worry Hill and the Feeling Thermometer.
- The practical steps were great, as was the affirmation of parenting techniques.
- So many light bulbs went off for me, so many things I had missed or misunderstood.
- Excellent!!! Information provided was so very practical especially for work with children.
- Wonderful, great, well presented!
- I wish I had attended this workshop years ago! I have learned so much that I can apply now.

- Superb, creative and helpful. Thank God for Dr. Wagner!
- Dr. Wagner has a warm and friendly manner and seems to relate to children especially well.
- It was fabulous! I learned a lot. I just wish we had more time. Maybe another in-depth talk.
- Excellent presenter, not too technical, good examples, great humor.
- Loved her style, comforting, funny, good pace
- Wonderful presentation, very interesting topic
- Very thorough and knowledgeable. Spoke as a parent, not just a clinician
- She is great! So much information with problem-solving techniques

ABOUT THE SPEAKER

Dr. Aureen Pinto Wagner is a clinical child psychologist and an expert in the treatment of anxiety in children, adolescents and adults. She specializes in cognitive-behavioral therapy (CBT), and has gained international recognition for her unique *Worry Hill*® approach to making CBT accessible to youngsters. Dr. Wagner is Adjunct Associate Professor in the Department of Psychiatry at the University of North Carolina at Chapel Hill. She is a member of the Scientific Advisory Board of the International OCD Foundation and a member of its Pediatric Subcommittee. She established The Anxiety Wellness Center in 2002 to provide effective treatment for youngsters and adults with anxiety. Dr. Wagner is a sought-after international speaker whose workshops consistently receive outstanding reviews.

Dr. Wagner is the author of several books and treatment resources including *Treatment of OCD in Children and Adolescents: A Cognitive-Behavioral Therapy Manual*, *Worried No More: Help and Hope for Anxious Children*, *Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment*, and *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions* (see www.Lighthouse-Press.com)

To schedule a workshop with Dr. Wagner or for more information, please call (919) 457-3958 or email awagner@anxietywellness.com Workshop sponsor must provide meeting room and LCD projector.

PAST WORKSHOPS FOR PARENTS

Wagner, A. (March 19, 2019, 6-8pm). *Anxiety in Teens: Challenges and Solutions*
2-hour presentation, Mills Park Middle School, Cary, NC

Wagner, A., Perot, A., Abramowitz, J., & Sapyta, J. (October 10, 2018, 6.30-8.30pm). *Understanding and Getting Help for OCD: An Evening with Local Experts*
National OCD Awareness Week panel discussion, sponsored by OCD North Carolina, Raleigh, NC

Wagner, A. P. (October 8, 2018, 4.30pm CST). *OCD in Kids and its Treatment*
Online webinar sponsored by the Peace of Mind Foundation.

Wagner, A. (September 26, 2018, 6.30-8.30pm). *Anxiety in Teens: Challenges and Solutions*
2-hour workshop, The Cary Academy, Cary, NC

Wagner, A. & Sapp, F. (July 27, 2018). *Bring Down Your Feeling Temperature!*
90-minute workshop for middle-schoolers with OCD and their siblings, International OCD Foundation conference, Washington, DC

Wagner, A. (January 30, 2018, 6.30-8.30pm). *Helping Kids and Teens Cope with Anxiety*
2-hour workshop, The Franciscan School, Raleigh, NC

Wagner, A. (August 21, 2017, 6.30-8.30pm). *Helping Kids and Teens Cope with Anxiety*
2-hour workshop, Gloucester County School District, Gloucester, VA

Wagner, A., Mansueto, C & Stewart, E. (July 8, 2017). *Ask the Experts: Session for Parents*
90-minute question and answer panel, International OCD Foundation conference, San Francisco, CA

Wagner, A. P. (December 13, 2016, 6.30-8.30pm). *Helping Kids and Teens Cope with Anxiety*
Two hours, for parents, sponsored by Scotts Ridge Elementary School PTA. Apex, NC 27502

Wagner, A. P., Perot, A., & Abramowitz, J. (October 10, 2016, 6.30-8.30pm)
Understanding and Getting Help for OCD: 7th Annual Evening with Experts
International OCD Awareness Week panel discussion, sponsored by OCD North Carolina, Raleigh, NC

Wagner, A., Mansueto, C, Storch, E. & Stewart, E. (July 2016). *Ask the Experts: Session for Parents*
90-minute question and answer panel, International OCD Foundation conference, Chicago, CA

Wagner, A. P. (May 10, 2016, 6.30-8.30pm). *Helping Kids and Teens Cope with Anxiety*
Two hours, for parents, sponsored by Apex Middle School PTA. Apex, NC. Free and open to the public.

Wagner, A. P. (April 19, 2016, 7-9pm). *Helping Kids and Teens Cope with Anxiety*
Two hours, for parents, sponsored by St. Michael School, Cary, NC 27513. Free and open to the public.

Wagner, A. P. (February 2, 2016, 7-9pm). *Helping Kids and Teens Cope with Anxiety*
Two hours, for parents, educators and mental health professionals, sponsored by Wake County SEIC
Davis Drive Middle School, Cary, NC

Wagner, A. P. (January 26, 2015, 7-9pm). *Helping Kids and Teens Cope with Anxiety*
Two hours, for parents, educators and mental health professions, sponsored by Wake County SEIC
Davis Drive Middle School, Cary, NC

Wagner, A. P. (November 5, 2014, 7-9pm). *Helping Kids and Teens Cope with Anxiety*
Sponsored by EDCO Collaborative, Massachusetts, Boston, MA

Wagner, A. P. (October 29-30, 2014). *Up and Down the Worry Hill: Child-Friendly Cognitive-Behavioral Therapy for Anxiety in Children and Adolescents*
Two-day workshop, sponsored by Jack Hirose & Associates, Oakville, ON, Canada

Wagner, A. P. (October 18, 2014). *The Many Faces of OCD*
National OCD Awareness Week, day-long program, sponsored by the OCD Support Group of Dallas
Free and open to the public, for consumers and parents of children and teens with OCD

Wagner, A. P. (October 27-28, 2014). *Up and Down the Worry Hill: Child-Friendly Cognitive-Behavioral Therapy for Anxiety in Children and Adolescents*
Two-day workshop, sponsored by Jack Hirose & Associates, Ottawa, ON, Canada

Wagner, A. P., Perot, A., Abramowitz, J., & Sapyta, J. (October 15, 2014, 6.30-8.30pm)
Understanding and Getting Help for OCD: An Evening with Local Experts
National OCD Awareness Week panel discussion, sponsored by the OCD North Carolina, Raleigh, NC

Wagner, A. P. (May 5, 2014) *Helping Kids and Teens Cope with Anxiety*
Learning Disabilities Association of Rochester, NY

Wagner, A. P. (April 29, 2014, 6.30-8.30pm). *Helping Kids and Teens Cope with Anxiety*
Sponsored by Leesville High School, Raleigh, NC

Wagner, A. P. (March 11, 2014, 6.30-8.30pm). *Helping Kids and Teens Cope with Anxiety*
Co-sponsored by the PTO's of Lacy Elementary, Daniels Middle and Martin Middle Schools

Wagner, A. P. (January 27, 2014, 7-9pm). *Helping Kids and Teens Cope with Anxiety*
Davis Drive Middle School, Sponsored by the Wake County Special Education Inclusion Committee

Wagner, A. P. (December 2, 2013, 6.30-8.30pm). *Helping Kids and Teens Cope with Anxiety*
Endeavor Charter School, 9400 Forum Drive, Raleigh, NC

Wagner, A. P. (October 25, 2013, 9-10am) Live on SiriusXM Dr Radio, About Our Kids Channel 81
Dr. Aureen Wagner, live question and answer session on obsessive compulsive disorder

Wagner, A. P., Perot, A., Abramowitz, J., & Sapyta, J. (October 17, 2013). *Understanding and Getting Help for OCD: An Evening with Local Experts*
National OCD Awareness Week panel discussion, free and open to the public, Raleigh, NC

Wagner, A. P. (October 1, 2013). *Helping Children Cope with Anxiety*
Ninety-minute workshop, sponsored by the PTO, St. Michael the Archangel School, Cary, NC

Wagner, A. P. (February 8, 2013) Live on SiriusXM Dr Radio, About Our Kids Channel 81
Dr. Aureen Wagner, a renowned expert in the treatment of anxiety will answer all your questions.

Wagner, A. P., Perot, A., Abramowitz, J., Sapyta, J., & Gleiter, K. (October 11, 2012). *Understanding and Getting Help for OCD: An Evening with Local Experts*
National OCD Awareness Week panel discussion, free and open to the public, Durham, NC

Wagner, A. P. (October 2, 2012, 7-8.30 pm). *Helping Children Cope with Anxiety*
Ninety-minute workshop, sponsored by the PTO, St. Michael the Archangel School, Cary, NC

Wagner, A. P. (March 15, 2012). *Worried No More: Help and Hope for Anxious Children*
Two-hour workshop, sponsored Andover Public Schools, Andover, MA

Wagner, A. P. (February 16, 2012). *Helping Children and Teens Cope with Anxiety*
Two-hour workshop, sponsored by the Children's Hospital of the King's Daughters, Norfolk, VA.

Wagner, A. P. (January 31, 2012, 7-8.30 pm). *Helping Children Cope with Anxiety*
Ninety-minute workshop, sponsored by the PTO, St. Michael the Archangel School, Cary, NC

Wagner, A. P. (October 20-21, 2011). *User-Friendly Cognitive-Behavioral Therapy for OCD and Anxiety in Children and Adolescents*
Two-day workshop, sponsored by Jack Hirose & Associates, Saskatoon, Saskatchewan, Canada

Wagner, A. P. (October 18-19, 2011). *User-Friendly Cognitive-Behavioral Therapy for OCD and Anxiety in Children and Adolescents*
Two-day workshop, sponsored by Jack Hirose & Associates, Edmonton, Alberta, Canada

Wagner, A. P. (October 17, 2011). *User-Friendly Cognitive-Behavioral Therapy for OCD and Anxiety in Children and Adolescents*

Full-day workshop, sponsored by Jack Hirose & Associates, Vancouver, British Columbia, Canada

Wagner, A. P. (Sept 27 and Oct 4, 2011). *Worried No More: Help and Hope for Anxious Children*

Two one-hour sessions, sponsored by SAS Corporation, Cary, NC, for SAS employees

Stewart, E., Wagner, A., Fama, J., Murphy, T., & Storch, E. (July 30, 2011). *Ask the Experts: Q and A on OCD in Kids and Teens*

2-hour panel, annual conference, International OCD Foundation, San Diego, CA, www.ocfoundation.org

Wagner, A. (July 30, 2011). *User-Friendly CBT for Children and Adolescents: A Step-by-Step Approach*

1.5 hours, annual conference, International OCD Foundation, San Diego, CA

Wagner, A. (July 29, 2011). *CBT for Hard-to-treat OCD in Children and Adolescents: Bad thoughts, Scrupulosity, "Just Right," Perfectionism and Hoarding*

2 hours, annual conference, International OCD Foundation, San Diego, CA

Hudak, R., Mansueto, C., Storch, E., Morrow, E. & Wagner, A. (July 29, 2011). *OCD in Autism Spectrum Disorders*

1.5 hour panel, annual conference, International OCD Foundation, San Diego, CA

Wagner, A. P. (April 14, 2011, 7-9 pm). *Worried No More: Practical Strategies to Help Children Cope with Anxiety and Stress*

Two-hour workshop, Northshore Education Consortium, Boston, Massachusetts

Wagner, A. P. (April 7, 2011, 6.30-8.30 pm). *Worried No More: Practical Strategies to Help Children Cope with Anxiety and Stress*

Two-hour workshop, The Norman Howard School, Rochester, New York

Wagner, A. P. (March 3, 2011, 7-9 pm). *Helping Children Cope with Anxiety*

Two-hour workshop, Bayview Hill Elementary and Secondary Schools, Richmond Hill, Ontario, Canada

Wagner, A. P. (February 17, 2011, 6.30-8 pm). *Helping Children Cope with Anxiety*

Ninety-minute workshop, free, and open to the public. Reedy Creek Elementary School, Cary, NC

Wagner, A. P. (January 6, 2011, 7-8.30 pm). *Helping Children Cope with Anxiety*

Ninety-minute workshop, sponsored by the PTO, St. Michael the Archangel School, Cary, NC

Wagner, A. P. (November 9, 2010, 7-8.30pm). *Helping Children & Teenagers Cope with Anxiety*

Alexander Mackenzie High School, Richmond Hill

Sponsored by the York Region District School Board Psychological Service, York, Ontario, Canada

Wagner, A. P. (October 24, 2010). *Hard-to-Treat OCD in Children and Adolescents: Child-Friendly CBT for Youngsters with Bad Thoughts, Perfectionism and Hoarding*

The 11th Annual OCD New Jersey Conference, Somerset, New Jersey

Wagner, A. P. (October 16, 2010). *Obsessive Compulsive Disorder in Children and Adolescents: Help for Parents*

National OCD Awareness Week, The International OCD Foundation, Hofstra University, New York

Wagner, A. P. & Abramowitz, J. (October 14, 2010, 7-8.30pm). *Understanding and Getting Help for OCD: An Evening with Local Experts*

Raleigh, NC, National OCD Awareness Week event, sponsored by The International OCD Foundation

Stewart, E., Wagner, A. P., et al., (July 16, 2010). *Talk to the Experts: Q and A on Pediatric Obsessive-Compulsive Disorder*

Panel discussion with the Pediatric Sub-Committee of the Scientific Advisory Board of the International OCD Foundation, Washington, DC

Sapp, F. & Wagner, A. P. (July 17, 2010). *Parents Helping Parents: Sharing Creative Strategies and Tips Learned from the Trenches*

Annual Conference of the International OCD Foundation, Washington, DC

Wagner, A. P. (April 7, 2010). *Understanding Anxiety in Children and Youth: Identification, Treatment, Strategies and Solutions*

Two-hour workshop, Richmond Hill High School, sponsored by the York Region District School Board Psychological Service, York, Ontario, Canada

Wagner, A. P. (March 21, 2010). *Helping Children Cope with Anxiety*

Two-hour workshop, sponsored by the Reading Public Schools, Reading, MA

Wagner, A. P. (March 18, 2010). *Helping Children Cope with Anxiety*

Two-hour workshop, sponsored by The Norman Howard School, Rochester, NY

Wagner, A. P. (September 24, 2009). *Helping Children Cope with Anxiety*

Two-hour workshop, sponsored by the Children's Hospital of the King's Daughters, Norfolk, VA.

Wagner, A. P. (August 7, 2009). *Frequently Asked Questions (FAQ's) about OCD in Children and Adolescents*

1.5 hours, annual conference of the Obsessive-Compulsive Foundation, Minneapolis, MN.

Wagner, A. P. (February 18, 2009). *Worried No More: Helping Children Cope with Anxiety*

Two-hour workshop for parents, Tampa Florida, H.B. Plant High School Auditorium

Wagner, A. P. (November 5, 2008). *Worried No More: Practical Strategies to Help Children Cope with Anxiety and Stress*

Two hours, Child and Parent Resource Institute, Ontario Ministry of Children and Youth, London, ON.

Wagner, A. P. (August 2, 2008). *Up and Down the Worry Hill: CBT for OCD in Children & Adolescents*

1.5 hours, annual conference of the Obsessive-Compulsive Foundation, Boston, MA.

Wagner, A. P. (June 11, 2008). *Tourette Syndrome, OCD and Anxiety*

Toronto Western Hospital, Toronto, Canada. Sponsored by the Tourette Syndrome Foundation of Canada.

Wagner, A. P. (March 12, 2008). *Helping Children Cope with Anxiety*

Two-hour workshop, sponsored by the Children's Hospital of the King's Daughters, Norfolk, VA.

Wagner, A. P. (March 8, 2008). *All Anxieties Great and Small: An Adolescent Girl's Ambivalent Journey to Recovery*

Grand Rounds, annual conference, Anxiety Disorders Association of America, Miami, FL.

Wagner, A. P. (March 7, 2008). *CBT for Hard-to-Treat OCD Symptoms in Children & Adolescents: Bad thoughts, Scrupulosity, "Just Right," Perfectionism and Hoarding*

Three hours, annual conference of the Anxiety Disorders Association of America, Savannah, GA.

Wagner, A. P. (Nov 16, 2007). *Anxiety and OCD in Children and Adolescents: User Friendly Treatment and Parenting Strategies*

Full day intensive training, sponsored by the Mental Health Association of Suffolk County, NY and Division of Community Mental Hygiene, Suffolk County, Long Island, NY

Wagner, A. P. (October 25, 2007). *Worried No More: Practical Strategies to Help your Anxious Child*

Two-hour workshop, Parent-Teacher Association, Pittsford School District, Pittsford, NY

Wagner, A. P. (September 27, 2007). *Worried No More: Practical Strategies for the Anxious Child*

Two-hour workshop, Parent-Teacher Association, Geneseo Central School District, Geneseo, NY

Wagner, A. P. (September 29, 2007). *Cognitive-Behavioral Therapy for Youngsters with Tourette Syndrome, OCD and Anxiety*

Plenary address, annual conference of the Tourette Syndrome Foundation of Canada, Niagara Falls, ON

Wagner, A. P. (October 4, 2007). *Helping Children Cope with Anxiety*

Two-hour workshop, Salt Lake City, Utah

Wagner, A. P. (July 21, 2007). *The Worry Hill Treatment Protocol for OCD in Kids & Teens*

1.5 hours, annual conference of the Obsessive-Compulsive Foundation, Houston, TX.

Wagner, A. P. (July 21, 2007). *CBT for Bad thoughts, Scrupulosity, "Just Right," Perfectionism and Hoarding in Children & Adolescents*

2 hours, annual conference of the Obsessive-Compulsive Foundation, Houston, TX.

Wagner, A. P. (July 21, 2007). *"Help! My 5 year-old has every symptom in the book!" Treatment of 37 presenting complaints and a family in crisis.*

OCD Grand Rounds for clinicians and parents, annual conference of the Obsessive-Compulsive Foundation, Houston, TX.

Wagner, A. P. (March 1, 2007). *Helping Children Cope with Anxiety*

Two-hour workshop for parents and school professionals, Lynnfield School District, Lynnfield, MA

Average numerical rating by attendees (4=excellent, 1=poor): 3.7/4

Comments from participants:

- Excellent workshop! It was helpful to have the handout available on the web.
- The diagrams, the worry hill and how habituation happens—it was all excellent.
- Excellent, clear, logical and do-able approach to a common problem!
- Great for me to hear the best techniques for children. Very organized and well presented.
- Great information for me as a mom of two small children.
- Your enthusiasm and humor really added to the presentation.
- Thank you! Very good presentation with very important information. Thank you for being so supportive and compassionate towards parents.
- The presentation was helpful and informative. Dr Wagner is very easy to listen to.

Wagner, A. P. (November 2, 2006). *Helping Children Cope with Anxiety*

Two-hour workshop for parents, Cobbles Elementary School, Penfield, NY

Average numerical rating by attendees (4=excellent, 1=poor): 3.9/4

Comments from participants:

- This was outstanding and superb. Gave me words and explanations to what my child is experiencing.
- It was great to learn how to teach children to think calmly.
- It was great. I liked your style and I love the idea of the Worry Hill and the Feeling Thermometer.
- The practical steps were great, as was the affirmation of parenting techniques.
- So many light bulbs went off for me, so many things I had missed or misunderstood.

Wagner, A. P. (October 10, 2006). *Effective Child-Friendly Treatment for Anxiety and OCD: Part I*
Ninety-minute workshop for parents and professionals Life Management Center, Charleston, SC.

Wagner, A. P. (October 10, 2006). *Effective Child-Friendly Treatment for Anxiety and OCD: Part II*
Ninety-minute workshop, Annual Conference of the Life Management Center, Charleston, SC.

Average numerical rating by attendees (5=strongly agree, 1=strongly disagree): 3.8/4

Wagner, A. P. (July 21-23, 2006). *The Worry Hill Treatment Protocol for OCD in Children and Adolescents*

1.5 hours, annual conference of the Obsessive-Compulsive Foundation, Atlanta, GA.

Participant Comments:

- Excellent!!! Information provided was so very practical especially for work with children.
- Wonderful, great, well presented!
- I wish I had attended this program years ago—I have learned so much that I can apply now.
- Superb, creative and helpful. Thank God for Dr. Wagner!
- Excellent—Did a good job of blending treatment providers' and families' needs.
- Fabulous! Would love to have her in Atlanta.
- Outstanding presentation. Very encouraging.
- Please have Aureen do an advanced BTI next year. She is so practical and helpful.
- Great workshop! Lots of useful information to take back for practice.
- Obviously a leader in the field! Very informative and helpful, easy to follow and understand.
- Very, very good and helpful. I like the hands-on stuff. She was clear and a great speaker.
- Very practical, easy to follow, great handouts.

Wagner, A. P. (July 21-23, 2006). *Bad thoughts, Just Right, Scrupulosity and More: CBT for Children and Adolescents with OCD.*

Two-hours, annual conference of the Obsessive-Compulsive Foundation, Atlanta, GA.

Participant Comments:

- Fantastic! Very helpful information on “just right” OCD.
- Absolutely superior session. This is the level that is appropriate for clinicians who treat OCD. This is the type of content that clinicians need. More Dr. Wagner, please.
- Excellent! Best at conference! Very informative, geared towards clinicians. Great examples.
- Great presentation! Very knowledgeable, helpful to have her share real life stories and examples.
- Very thorough, utilizes very creative approaches, supports theory with case studies.
- Dr. Wagner has exceptional knowledge in this area and is a very interesting speaker.
- Would highly recommend this to anyone who works with children and any parents of OCD children.
- Dr. Wagner's presentation was fantastic! She is very thorough, organized and efficient.
- Great speaker. I like her.
- Great job covering a very difficult topic. The treatment ideas and clinical tips were very helpful.
- Excellent talk! Thank you for holding questions until the end.
- Please have Dr. Wagner do an advanced BTI. Her clinical expertise is invaluable.
- Great handout, great presentation, useful for practice, great question and answer time.
- We very much enjoyed both her talks—we had already selected her talks as a “must attend.”

Wagner, A. P., Adams, G., Birkhan, W., Hammes, K., & Pesses, G. (July 21-23, 2006). *Clinician-Parent Forum: Sharing experiences, insights and strategies for recovery from OCD.*

1.5 hours, annual conference of the Obsessive-Compulsive Foundation, Atlanta, GA.

Participant Comments:

- Very good support, experience and education
- Excellent! I was very glad I came.
- Very informative session. All of the panelists had very insightful comments and practical suggestions. I appreciate all their time.
- Very knowledgeable and helpful panel.
- Excellent, very informative.

Wagner, A. P. (April 26, 2006). *Worried No More: Practical Strategies to Help your Anxious Child*

Two-hour workshop for parents of children and adolescents.

Sponsored by the Bernabi Elementary School Parent-Teacher Association, Spencerport, NY

Wagner, A. P. (March 24, 2006). *Worried No More: Building Self-Reliance in Anxious Children and Adolescents*

Two-hour workshop, annual conference of the Anxiety Disorders Association of America, Miami, FL

Average numerical rating by attendees (1=excellent, 4=poor): **1.5/4**

Comments from participants:

- Comprehensive and superb. Worth the trip. Can I get supervision?
- Outstanding. Please have her teach more workshops.
- Need more pediatric workshops and Aureen Wagner is terrific!
- Wonderful information, informed speaker.

Wagner, A. P. (November 26, 2005). *OCD and Families: Accelerating Progress through Connection*

Keynote address at the National Anxiety Disorders Conference, London, UK.

Wagner, A. P. (November 26, 2005). *Worried No More: Building Self-Reliance in Anxious Children and Adolescents*

Two-hour workshop, National Anxiety Disorders Conference, London, UK.

Average numerical rating by attendees (4=excellent, 1=fair): **4/4**

Comments from participants:

- This was excellent! Please, can we have a full day (or more if needed) course by Dr. Wagner to train CBT practitioners to work with children with CBT.
- Very informative and useful, especially the explanation of CBT and the Worry Hill idea.
- Thank you very much for an informative and very practical talk—it was great to have real tips and techniques that can be put into practice.
- Clear and concise talk. Lots of good tips.
- A really good workshop—great presentation and supportive atmosphere.
- Very clear and useful guidance on how to help children and their carers.
- Thank you so much! The examples of specific cases were very helpful. I wish there was more time for this workshop.
- Excellent range of information, clear, interesting. I particularly liked the strategies and metaphors.
- Excellent presentation. It was so helpful to listen to a real expert.

Wagner, A. P. (November 26, 2005). *Obsessive-Compulsive Disorder in Children and Adolescents: Strategies and Solutions*

Two-hour workshop, National Anxiety Disorders Conference, London, UK.

Average numerical rating by attendees (4=excellent, 1=fair): **3.88/4**

Comments from participants:

- This speaker was one of the best I have heard. The Worry Hill metaphor, the explanation of CBT and habituation was excellent.
- The description of CBT was excellent! It was helpful to know how children with OCD feel.
- It was all very good, especially the Feeling Thermometer idea and the ideas for helping children.
- This was really useful. The anecdotes, sample hierarchies and ideas for working with reluctant children were very helpful.

Wagner, A. P. (November 26, 2005). *RIDE Up and Down the Worry Hill and Conquer your OCD!*

Two-hour workshop for children with OCD and their parents at the National Anxiety Disorders Conference, London, UK.

Average numerical rating by attendees (4=excellent, 1=fair): **3.76/4**

Comments from participants:

- Excellent. The lecturer was very friendly and approachable. Very easy to understand.
- You explained it very well. The story was good for my soon.
- Very enjoyable and encouraging.
- Dr. Wagner has a warm and friendly manner and seems to relate to children especially well.

Wagner, A. P. (October 25, 2005). *Worried No More: Practical Strategies to Help your Anxious Child*

Two-hour workshop, Parent-Teacher Association, Pittsford School District, Pittsford, NY

Average numerical rating by attendees (4=excellent, 1=poor): **3.99/4**

Comments from participants:

- Dr. Wagner has a warm and friendly manner and seems to relate to children especially well.
- It was fabulous! I learned a lot. I just wish we had more time. Maybe another in-depth talk.
- Excellent presenter, not too technical, good examples, great humor.
- Loved her style, comforting, funny, good pace
- Wonderful presentation, very interesting topic
- Very thorough and knowledgeable. Spoke as a parent, not just a clinician
- She is great! So much information with problem-solving techniques
- Loved the talk—learned so much, light bulbs were exploding for me.

Wagner, A. P. (July 2005). *The Worry Hill Treatment Protocol for the treatment of OCD in children and adolescents.*

Two-hour workshop, annual conference of the Obsessive-Compulsive Foundation, San Diego, CA

Participant comments:

- Fantastic speaker. She has a very sincere, nurturing attitude. She should be part of every annual conference. I would love for her to teach a more advanced workshop. Love her material and books.
- One of the most valuable sessions I have attended. I learned a great deal more about the subject and I thought I was already knowledgeable about it.
- Excellent, creative speaker. Wonderful use of imagination...such a beautiful idea of creating metaphorical stories for children to learn to control their OCD in a concrete manner versus an abstract one. Creates clarity for adults also.
- You have a wonderful way to present CBT to parents—I wish I had heard you four years ago! Thank you for a great presentation and organized approach to treatment.
- Excellent! Well organized and informative—a real treasure.
- Great! So practical and useful in practice. Her knowledge and passion for her work is inspiring.
- Excellent presentation. Practical explanation with great instruction.
- Dr. Wagner breaks down CBT treatment in a step-by-step manner I could relate to and understand. It's been hard to find up to this session.
- She is so articulate, perceptive and insightful. A huge and valuable resource. She is amazing and I hope she'll always be given as much time as she wants to present!

Wagner, A. P. & Franklin, M. (July 2005). *Clinical Dialogue: Treatment of specific obsessions and compulsions in children and adolescents*

Two-hours, annual conference of the Obsessive-Compulsive Foundation, San Diego, CA.

Participant Comments:

- Excellent!!! Information provided was so very practical especially for work with children.
- Great presentation! Great speakers, material very helpful practically, handouts great, good examples, good q and a.
- Wonderful! Very intelligent and knowledgeable presenters. Would love to have listened to them for longer. Bring them back!
- Excellent presenters and AV! Very comprehensive and very helpful for my practice.
- Wonderful presentations –it was excellent for me as a parent but I can see that a therapist would learn a lot from it. Thank you.
- Wonderful! They have given me the best tools to deal with my son's problems.
- Enjoyable, good tone. Lots of information (theory) mixed with real examples. Relaxed presentation, used humor.

Wagner, A. P. (July 2005). *Parent-Clinician Forum: OCD in the family*

Moderator, panel discussion, annual conference of the Obsessive-Compulsive Foundation, San Diego, CA

Wagner, A. P. (July 2004). *Parent-Clinician Forum: OCD in the Family: Sharing experiences, insights and strategies in coping, treatment, recovery and healing*

Panel discussion at the annual conference of the Obsessive-Compulsive Foundation, Chicago, IL.

Wagner, A. P. (July 2003). *How to maximize your child's chances of success in treatment.*

Two-hour workshop, annual conference of the Obsessive-Compulsive Foundation, Nashville, TN

Wagner, A. P. (March 2003). *Worried No More: CBT Strategies for Anxious Children.*

Two-hours, Annual Conference of the Anxiety Disorders Association of America, Toronto, Canada.

Wagner, A. P. (February 2003). *Helping children cope with anxiety.*

Two-hours, Fairport School District, Fairport, NY.

Wagner, A. P. (November 2002). *Worried No More: Practical Strategies to help your Anxious Child*

Two-hour workshop, National Alliance for the Mentally Ill (NAMI), Cuyahoga County, Cleveland, OH

Wagner, A. P. (July 2002). *What to do when your Child has OCD: Strategies and Solutions*

Two-hour workshop, annual conference of the Obsessive-Compulsive Foundation, Philadelphia, PA

Wagner, A. P. (January 2002). *Coping with Anxiety: Help for Children and Adolescents.*

Two-hour workshop, Penfield School District, Penfield, NY

Wagner, A. P. (October 2001). *Obsessive-Compulsive Disorder in School-Aged Children.*

Two-hour workshop, Tompkins-Seneca-Tioga Board of Cooperative Educational Services, Ithaca, NY.

Wagner, A. P. (July 2001). *Up and Down the Worry Hill: Engaging Children in Behavior Therapy*

Two-hour workshop, annual conference of the Obsessive-Compulsive Foundation, Denver, CO

Wagner, A. P. (August 2000). *Up and Down the Worry Hill: Parents, Clinicians and Educators Talking to Children about OCD*

Two-hour workshop, annual conference of the Obsessive-Compulsive Foundation, Chicago, IL