

**PARENT WORKSHOP: HELPING YOUR CHILD WITH ANXIETY, OCD, TRICHOTILLOMANIA OR  
TOURETTE SYNDROME**

**OCTOBER 14, 2011**

**AGENDA:**

Objective #1: To be able to identify symptoms of Anxiety and related disorders in kids, including a working knowledge of common presentations of these symptoms at home and school.

Objective #2: To obtain sufficient information about the symptoms and how to differentiate between normal manifestations of stress and anxiety vs. clinical diagnoses, in order to appropriately seek treatment.

Objective #3: To gain an understanding of the principles of Cognitive-Behavioral Treatment (CBT) for childhood Anxiety Disorders and OCD, and Habit Reversal Treatment (HRT) for Impulse Control Disorders including Trichotillomania and Tic Disorders.

Objective #4: To learn strategies to help your child cope with symptoms and/or benefit from treatment of Anxiety, OCD, Trichotillomania or a Tic Disorder.

**ATTENDEES:** 25 person limit

**REGISTRATION:** Please call Kristin Benavides or Julie Harrison at 215-746-3327 to reserve your place in the workshop. You may then mail in a completed registration form and your payment to the address below, with attention to Dr. Muniya Khanna.

**TIME:** 9:00 am to 5:00 pm (8:30 am for check-in and continental breakfast)

**COST:** \$250/\$300 for 2 parent/guardians. Fee covers cost of workshop, handouts and supporting materials, and refreshments during breaks.

**LOCATION:**

This workshop will take place at the University of Pennsylvania in Philadelphia, PA in the 3535 Market Street building on the 6th floor, in Room #640.

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