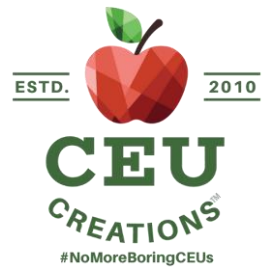


# From Struggle to Strength: Innovative Approaches to Treating Childhood Anxiety



• Cindy Murphy, PhD, LPC, ACS, NCC, NCSC; Leanne Hale, MSW, Ed.S., CPT; and Anne McSweeney, LCSW, President of CEU Creations

• Innovative Solutions to a Common Childhood Diagnosis

Friday, October 18, 2024 | 9:00 AM – 3:00 PM ET

**Live Stream Series (Online Synchronous Training)**

**\$74.99 Early Bird Registration**

*After October 4<sup>th</sup> registration is \$99.99*



Please scan QR Code or  
register online at

[www.ceucreationsinc.com](http://www.ceucreationsinc.com)

## 5 CREDIT HOURS APPROVED FOR:

- **Social Workers**  
ASWB ACE – 5 CE Credits  
New York State Education Department's State Board for Social Work – 5 Contact Hours
- **Case Managers**  
CCMC – 5 Contact Hours
- **Nurses**  
California Board of Registered Nursing – 5 Contact Hours
- **Counselors**  
NBCC ACEP – 5 Contact Hours  
New York State Education Department's State Board for Mental Health Practitioners – 5 Contact Hours

*Attendance or applied credit certificate available for other credentials.  
Please make sure to check with your own state board to ensure transferability of CE credit.*

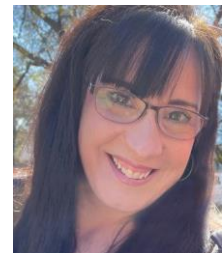
## PRESENTED BY:



**Cindy Murphy, PhD, LPC, ACS,  
NCC, NCSC**  
Online School Counseling  
Faculty, Grand Canyon  
University



**LeAnne Hale, MSW, Ed.S., CPT**  
School Social Worker, Oconee  
County Schools



**Anne McSweeney, LCSW**  
President, CEU Creations

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2024 CEU Creations Georgia Supporter Directory that will be provided to each registrant.*

*For more information on the course, accommodations for disability, grievances, or any other concerns,  
please contact CEU Creations at [support@ceucreationsinc.com](mailto:support@ceucreationsinc.com).*

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## AGENDA

<b>8:45 AM – 9:00 AM:</b>	Log In and Virtual Networking
<b>9:00 AM – 12:00 PM:</b>	Changing the Anxiety Conversation: Cindy Murphy, PhD, LPC, ACS, NCC, NCSC and Leanne Hale, MSW, Ed.S., CPT (includes a 10-minute break)
<b>12:00 PM – 12:40 PM:</b>	<i>Lunch Break and Sponsor Spotlight</i>
<b>12:40 PM – 1:50 PM:</b>	Changing the Anxiety Conversation Continued
<b>1:50 PM – 2:00 PM:</b>	<i>Break</i>
<b>2:00 PM – 3:00 PM:</b>	Personal Perspectives from a Parent: Anne McSweeney, LCSW

In this presentation, we will address childhood anxiety and strategies to make comprehensive changes. We will also examine some of the most used interventions and why many of these may often do more harm than good, and discover alternative, more effective strategies. Participants will walk away with outlines for both parent and educator book studies. The final hour of the presentation will feature the personal perspectives of a parent, focusing on the struggles faced at home and in school, providing valuable insights into the daily challenges and effective coping strategies. This presentation will equip social workers, case managers, counselors, and nurses with the knowledge and tools necessary to support children facing anxiety, ensuring that interventions are not only effective but also nurturing and supportive of their overall well-being.

### BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- Identify the common signs and symptoms of anxiety in children.
- Analyze the effectiveness and potential harms of traditional anxiety interventions.
- Examine alternative, evidence-based strategies for managing adolescent anxiety.
- Formulate comprehensive plans for supporting anxious students in both home and school environments.
- Evaluate the perspectives of parents to better understand the home struggles associated with adolescent anxiety.

**Course Interaction and Technical Requirements:** This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

**In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.**

Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/21-11/22/24. Social workers completing this course receive 5 Clinical continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 contact hours.

**NURSES:** 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**COUNSELORS:** 5 Contact Hours

CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 5 contact hours.

**Cancellation Policy:** Registrants must cancel via email at [support@ceucrationsinc.com](mailto:support@ceucrationsinc.com) (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25 - Refunds will not be given for cancellations within five (5) business days prior to the workshop date.

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## PRESENTER BIOS



**Cindy Murphy, PhD, LPC, ACS, NCC, NCSC** – Online School Counseling Faculty, Grand Canyon University

Dr. Murphy received her MEd in community agency counseling, and a PhD in Counselor Education and Supervision from Auburn University. She is a Licensed Professional Counselor (LPC-Georgia), Approved Clinical Supervisor (ACS), National Certified School Counselor (NCSC), Certified School Counselor (Georgia), and National Certified Counselor (NCC). Over the past 29 years, Dr. Murphy has worked with children and adults in a variety of settings including private practice, community agencies, and schools. She has extensive experience working with children and adolescents struggling with anxiety, adjustment issues, school issues, transitions to college, and trauma. Her research interests include anxiety treatment for children and adolescents, equity in the college admissions process, and school crisis response. Currently, she is a full-time online faculty member at Grand Canyon University and a part-time lecturer at the University of Georgia in the Department of Counseling and Human Development.



**LeAnne Hale, MSW, Ed.S., CPT** – School Social Worker, Oconee County Schools

LeAnne received her MSW and Ed.S. in School Social Work from the University of Georgia. Over the last 24 years, she has served primarily as a K-12 school social worker but also served for seven years as an elementary school counselor. In these roles, LeAnne has served students from ages 5 to 20 years and their families to remove barriers to education due to multiple issues including mental health of students and parents, food insecurity, homelessness, poverty, and learning difficulties. Her current interests include helping students, caregivers, and faculty learn to normalize and manage anxiety in order to live fulfilling lives. As a Certified Personal Trainer, LeAnne is also passionate about education related to how overall health and wellness, both physical and emotional, are linked together, and how adequate sleep, movement, good nutrition, and strong social relationships contribute to good mental health across the lifespan.



**Anne McSweeney, LCSW** President, CEU Creations

Anne McSweeney, LCSW, President of CEU Creations, has a diverse background in medical social work, education, and community relations. With a social work career that spans over two decades, she has been planning continuing education trainings for over 17 years. Anne founded CEU Creations in 2010 to transform the CE landscape. Her goal is to provide innovative trainings that keep the learner engaged, connect the learner with community resources/companies (which in turn, allows for the CEs to be more affordable) and ultimately change best practices and outcomes. Prior to founding CEU Creations, she practiced medical social work for over eight years – working primarily with the geriatric population in home health, hospice, and dialysis. In 2015, she was appointed to the Fulton County Commission on Elderly Affairs where she served for five years as an advocate for seniors in Fulton County. She has also served on the boards of The Aimee Copeland Foundation, The Atlanta Senior Care Network Niche and Ageless Interaction.