



## Anxiety & Stress Management Specialist Training

**LOCATION:** Online, Self-paced

**LINDENWOOD UNIVERSITY:** EW 51108- Anxiety & Stress Management Specialist

### **COURSE DESCRIPTION:**

Anxiety disorders affect one in eight children and teens and more than a quarter of teens report experiencing extreme stress during the school year. Research shows that anxiety, if left untreated, can drastically impact a student's ability to succeed in school. Whether it's the perfectionist who fears receiving less than an A+ on an assignment, or the adolescent who's overly self-conscious and feels judged by her peers, or the first grader who panics when his mother drops him off for school, anxiety can take many shapes and forms. School counselors play a critical role in promoting calmness and encouragement to their anxious students. Learn proven strategies for both individual and group counseling with students affected by anxiety.

### **LEARNING OBJECTIVES:**

After completing this course, you should be able to:

- Identify the different types of anxiety, and the difference between anxiety and stress, and good vs. bad anxiety
- Explain how anxiety can impact students' academic achievement, social/emotional development and college and career readiness.
- List relaxation techniques and strategies that reframe tests as opportunities for students
- Determine whether their student is in low stress, medium stress or at the red zone/crisis level
- Teach students how to assess their stress level quickly and effectively
- Describe various interventions to use with students
- Recognize when to collaborate with parents/guardians, teachers, administrators or involve outside help

REQUIRED COURSE MATERIALS	Hours:
<b>Module 1</b>	
Book: <b>Breaking Free of Child Anxiety &amp; OCD: A Scientifically Proven Program for Parents</b> , by Eli R. Lebowitz	10
<b>Module 2</b>	
National Alliance on Mental Illness (NAMI) Video: <b>What is Anxiety?</b>	0.25
ASCA Video: <b>Anxious Kids</b>	1.25

<i>Professional School Counseling</i> Journal article: <b>Students with Anxiety: Implications for Professional School Counselors</b>	1.25
<i>ASCA School Counselor Magazine</i> article: <b>Anxiety Overload</b>	0.75
<i>ASCA School Counselor Magazine</i> article: <b>Technostress</b>	0.75
ASCA Video: <b>Recognize Signs of OCD</b>	0.75
Child Mind Institute Resource: <b>Teacher's Guide to OCD</b>	1.5
ADAA Resource: <b>Treating Anxiety Disorders</b>	1
ADAA Resource: <b>Anxiety Disorders in Children</b>	1
ADAA Resource: <b>Generalized Anxiety Disorder</b>	1
ADAA Resource: <b>Social Anxiety Disorder</b>	1
ADAA Resource: <b>Post-traumatic Stress Disorder</b>	1
ADAA Resource: <b>Panic Disorder</b>	0.5
ADAA Resource: <b>Anxiety and Depression</b>	0.5
Child Mind Institute Resource: <b>What is Separation Anxiety</b>	0.25
<i>Professional School Counseling Journal</i> article: <b>Potential Stressors of Undocumented Latinx Youth: Implications and Recommendations for School Counselors</b>	1.25
<i>ASCA School Counselor Magazine</i> article: <b>Address Student Anxiety</b>	0.5
<b>Module 3</b>	
ASCA Video: <b>Alleviating Anxiety through School Counseling Interventions</b>	1.25
Flusterclux with Lynn Lyons Podcast: <b>How to Support Your Anxious Child 101</b>	0.75
<i>ASCA School Counselor Magazine</i> article: <b>Students With Anxiety: Help Struggling Teens</b>	0.5
<i>ASCA School Counselor Magazine</i> article: <b>Coping with Student Anxiety</b>	0.5
Center for Parent & Teen Communication Resource: <b>How to Help Your Teen Deal with Anxiety</b>	0.25
<i>ASCA School Counselor Magazine</i> article: <b>Battling Test Anxiety</b>	0.5
<i>ASCA School Counselor Magazine</i> article: <b>Address School Refusal</b>	0.5
Flusterclux with Lynn Lyons Podcast: <b>After You Get Your Anxious Kid to School, How Do You Keep Them There?</b>	0.75
ASCA Video: <b>Stress Management in School Counseling</b>	1.25
ASCA Video: <b>Student Anxiety Toolkits</b>	0.75
Mental Health Center Kids: <b>Circle Of Control Activity For Kids - Good Mental Health And Stress Management</b>	0.25
Flusterclux with Lynn Lyons Podcast: <b>Helping Teens Reframe Their Social Anxiety</b>	0.75
Flusterclux with Lynn Lyons Podcast: <b>How Parents Can Get Their Anxious Kids' Schools on the Same Page</b>	0.75
Flusterclux with Lynn Lyons Podcast: <b>School Avoidance: When It's Anxiety Related, How Can you Help?</b>	0.75
Flusterclux with Lynn Lyons Podcast: <b>How to Have a Successful Meeting with Your Child's School?</b>	0.75

ASCA School Counselor Magazine article: <b>Stress Busters</b>	0.75
ASCA Video: <b>Build a Resiliency Toolbox</b>	0.75
Explore the <b>Stress Busters Toolkit</b>	2
ASCA Video: <b>Tips, Tricks and Treasures to Tackle Anxiety</b>	1.25
<b>Module 4</b>	
ASCA Video: <b>The Resiliency Journey</b>	1.25
Child Mind Institute Resource: <b>Behavior Treatment for Kids with Anxiety</b>	0.25
ASCA School Counselor Magazine article: <b>A Journey to Mindfulness</b>	0.75
ASCA Video: <b>Change the Anxiety Conversation</b>	1.25
ASCA Video: <b>Elementary Mindfulness</b>	1.25
Podcast: TedTalk - <b>How To Make Stress Your Friend</b> , Kelly McGonigal	0.5
ASCA Video: <b>Empower Parents to Believe in Counseling &amp; Therapy</b>	0.75
ASCA Video: <b>Implement Effective Coping Skills</b>	1.25
ASCA Video: <b>Mindfulness Bracket Activity</b>	1.25
ASCA School Counselor Magazine article: <b>Calm, Cool, and Confident</b>	0.75
Professional School Counseling Journal article: <b>Effect of Meditation on Social/Emotional Well-Being in a High-Performing High School</b>	1.25
<b>TOTAL HOURS:</b>	50

ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES:

B-SS 1; B-SS 2; B-SS 3; B-PF 6; M5; B-SS 6

**ASCA STANDARDS FOR SCHOOL COUNSELOR PREPARATION PROGRAMS (ASCA CAEP SPA)**

2.1; 2.2; 2.3; 3.1; 3.2; 4.1; 4.2

**CACREP STANDARDS**

G2; G2 b.; G2 d.; G3 d.; G3 f.; G 3 i-k