Cognitive Behavior Therapy for School Refusal

School refusal is a common problem and can be due to a number of factors. In this seminar, Dr. Hannan will identify some of the causes of school refusal and how to assess kids to get a better understanding of the behavior. He will talk about some of the instruments that can be helpful in the assessment process. He will go over how to do a functional assessment of the problem. He will provide you with treatment strategies for assisting kids that includes cognitive therapy, social skills training, exposure therapy, problem solving, and behavior management. He will use a number of case examples to illustrate the assessment and treatment process. He will also highlight the treatment literature on this important topic.

Learning Objectives
At the end of this seminar, participants will be able to:
1. Identify the necessary components to a school refusal assessment.
2. Identify the four functional profiles of school refusal.
3. Create an individual functional profile to devise a treatment plan.
4. Create a behavior plan aimed at increasing school attendance.
5. Describe the challenges facing both student and school system upon a return to school and create appropriate interventions.

Outline
- Definition and characteristics of school refusal
- Assessment
  - Diagnostic Assessment
  - Break 11:30 AM ET
  - Measures to assess change
  - Consultation
  - Functional assessment
  - Treatment
  - Devising treatment plan
  - Lunch Break 1:15-2 PM ET
  - Cognitive therapy
  - Social skills training
  - Exposure
  - Break 3:30-3:45 PM ET
  - Behavior management
  - Test Anxiety
  - Case examples
  - Setting up treatment
  - Results
  - End 5:15 PM ET

Target Audience
Psychologists  Social Workers  Counselors

The Presenter
Dr. Scott Hannan received his Ph.D. from Fordham University in 2002. He completed his internship at the Institute of Living with a focus on child and adolescent psychology. He completed his postdoctoral fellowship at the Anxiety Disorders Center at the Institute of Living. Dr. Hannan treats children, adolescents, and adults. His clinical interests include obsessive-compulsive disorder, phobias, panic disorder, posttraumatic stress disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. Dr. Hannan has developed a specialty in the treatment of school refusal behavior. Currently, Dr. Hannan is a staff psychologist and manager of the outpatient clinic at the Anxiety Disorders Center at the Institute of Living. In addition to his work at the Institute of Living, Dr. Hannan works in private practice seeing individual clients and consulting with local school districts on issues related to anxiety and school refusal. Dr. Hannan has also been a featured expert on the television series Hoarders.

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