

**ANXIETY AND SCHOOL AVOIDANCE IN YOUTH:  
SOLUTION FOCUSED INTERVENTIONS  
THAT PRODUCE RESULTS**

**Audience:** Secondary School Adjustment and Guidance Counselors, School Social Workers and School Psychologists

We all face limited time and tremendous responsibility in our jobs in schools. Adding to these challenges are the needs of youth who are coping with anxiety and school avoidance. There are many opportunities for solutions.

Dr. Lutz, an expert in Solution-focused interventions, will provide participants with approaches that are brief, pragmatic and are highly effective interventions that are ideal for outpatient counseling and the school setting. Solution focused tools will be explored including coping, courage, managing anxiety, and how to integrate this approach with other modalities that work with youth coping with anxiety.

There will be opportunities to practice solution focused skills through role plays, lively discussions and video case examples. Leave with practical "how to" skills that you can immediately use with the clients you serve. Come, get inspired, get energized!

Course Objectives (link the bullets from her description)

**Presenter: Anne Bodmer Lutz, M.D**

Anne Bodmer Lutz, M.D. is the Director of Training for the Institute for Solution Focused Therapy. Anne is a board certified adult and child and adolescent psychiatrist, and was a nurse prior to becoming a physician. Anne is the author of Learning Solution-Focused Therapy: An Illustrated Guide, published by the American Psychiatric Association Press.

In addition to her academic and teaching work at UMass Worcester and Framingham State Dr. Lutz provides direct clinical supervision, teaching and training to psychiatric residents and workshops for community based treatment organizations. She worked for 9 years as a consulting psychiatrist for a residential treatment center for adolescent girls suffering from addiction and co-occurring disorders integrating solution-focused approaches within their treatment setting.

**WORKSHOP  
INFORMATION**

**DATE**

March 9, 2018

**LOCATION**

**ACCEPT Education Collaborative**  
4 Tech Circle  
Natick, MA 01760

**TIME**

9:00am - 3:00pm  
*includes light breakfast & lunch*

**COST**

\$175 ACCEPT  
\$200 Non-Member

**EARN**

5.5 Participation Hours

**CONTACT**

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To Register: Fax (508.653.0878) or Mail (4 Tech Circle, Natick MA 01760) or Email this form with check or P.O. payable to ACCEPT

Name \_\_\_\_\_ Title \_\_\_\_\_ Grade/Level \_\_\_\_\_

District \_\_\_\_\_ School \_\_\_\_\_ Phone ( ) \_\_\_\_\_

**E-mail (required)** \_\_\_\_\_

**Cost per person:**    \_\_\_ ACCEPT Members \$175    \_\_\_ Non-Members \$200

**Withdrawal Policy:** Withdrawals via mail, fax or email will be accepted without penalty ten (10) business days prior to the workshop. After that time, there will be no refunds or billing adjustments, you may send a substitute if approved by your supervisor.

Amount enclosed \$ \_\_\_\_\_ Purchase Order # (P.O.) \_\_\_\_\_ or Personal Check # \_\_\_\_\_  
(Please Mail Check to ACCEPT)