

# School Anxiety/Refusal

## Half-day Interactive Workshop

Friday 1<sup>st</sup> September 2017



### The Anxiety Disorders Association of Victoria presents a workshop for teachers and practitioners working with children and adolescents with Joanne Garfi, Psychologist working in private practice

#### Overview

School refusal is a complex and common issue in our society affecting up to 5% of children, and is stressful for the child, their family and the school. The more time the child is away from school, the more difficult it is for the child to resume normal school life. If school refusal becomes an ongoing issue it can negatively impact the child's social and educational development.

This workshop will provide teachers, case workers, school counsellors and parents with an understanding of this complex issue and provide them with a range of strategies they can use to assist children in returning to school. Areas covered will include:

- What is school refusal
- Prevalence
- Types of school refusers
- Why children refuse to go to school
- Symptoms
- Short term consequences
- Long term consequences
- Assessment
- Treatment Options
- What parents can do
- What schools can do
- High achievers, anxiety and school refusal
- Children on the autism spectrum and school refusal
- Resources

#### Target Audience

Practitioners and teachers working with children/adolescents.

#### Presenter

**Joanne Garfi** is a psychologist with 30 years-experience and expertise in adolescent issues.

She has 9 years' experience as a school psychologist, working in both primary and secondary schools providing specialised training to teachers. She has a special interest in the treatment of Anxiety and Panic Disorder and is well known for her work with school refusal, childhood anxiety, behavioural disorders and developmental issues.

Joanne utilises Cognitive Behavioural Therapy (CBT) and skills development and prefers to take a whole person approach to treatment. Her emphasis when working with children is to have families and schools working together to bring about change.



# Professional Development Workshop

## School Anxiety/Refusal Half-Day Interactive Workshop

### Please note:

**APS Members can accrue Continuing Professional Development (CPD) hours by participating in CPD activities that they determine to be relevant to their individual professional skills, learning plans and goals. These may be self-initiated. CPD activities do not need to be endorsed by the APS.**

<b>Date</b>	Friday 1 <sup>st</sup> September 2017 10.00am to 2.00pm (9.30am registration)
<b>Presented by</b>	Joanne Garfi, Psychologist
<b>Venue</b>	Camberwell Library (Rooms 1 & 2) 340 Camberwell Road, Camberwell, VIC 3124
<b>Additional details</b>	<ul style="list-style-type: none"><li>- Includes presentation handouts and reference materials</li><li>- Certificate of Attendance upon completion</li><li>- Tea/coffee and snacks provided</li></ul>
<b>Cost*</b>	Standard/Non-members: \$85.00 ADAVIC Members: \$70.00 <p style="text-align: right;">*ADAVIC does not charge GST</p>
<b>Booking details</b>	Bookings are limited to 40 professionals Bookings close 23 <sup>rd</sup> August 2017
<b>How to book</b>	ADAVIC Online Store: <a href="http://www.adavic.org.au/product-view.aspx?Id=282">www.adavic.org.au/product-view.aspx?Id=282</a> Registration form below
<b>Enquiries</b>	Phone: (03) 9853-8089 Email: <a href="mailto:adavic@adavic.org.au">adavic@adavic.org.au</a>

### **Proceeds from this event help to maintain ADAVIC services**

*ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression*

# PAYMENT & REGISTRATION FORM



I would like to register for:

**Professional Development Program: School Anxiety Refusal: Half-day interactive Workshop** by Joanne Garfi on Friday 1<sup>st</sup> September 2017

<b>ATTENDEE NAME(S)</b>			
<b>POSITION TITLE</b>			
<b>ORGANISATION</b>			
<b>EMAIL</b>			
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<b>HOW DID YOU HEAR ABOUT THIS EVENT?</b>			
<b>WOULD YOU LIKE TO RECEIVE OUR E-NEWSLETTER?</b>	<input type="checkbox"/> YES <input type="checkbox"/> NO		
<b>YOUR LEVEL OF KNOWLEDGE ON THIS TOPIC</b>	<input type="checkbox"/> LOW <input type="checkbox"/> MEDIUM <input type="checkbox"/> HIGH		
<b>DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS?</b>	<input type="checkbox"/> NIL <input type="checkbox"/> VEGETARIAN <input type="checkbox"/> GLUTEN FREE <input type="checkbox"/> OTHER (please specify):		
<b>PAYMENT AMOUNT</b>	<input type="checkbox"/> \$85.00 – Standard/Non-Member <input type="checkbox"/> \$70.00 - ADAVIC Member <b>PLEASE NOTE: A 25% administration fee applies for refunds requested before 9<sup>th</sup> August 2017. No refunds or credits will be issued after this date.</b>		

PLEASE FIND ENCLOSED MY:																					
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<input type="checkbox"/> Credit Card details:																					
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