




CREATIVE INTERVENTIONS FOR THE ANXIOUS CHILD

A ONE DAY WORKSHOP FOR SCHOOL PSYCHOLOGISTS



Leonie Reisberg is a creative arts psychotherapist with over 25 years clinical experience with children and teens. She is the creator and Director of KIDSLINK www.kidslink.com.au - a social skills program in Turramurra, Sydney, that has been running for 13 years.

"Nearly every child or teen I see has underlying or overt anxiety whether they have a diagnosis or not.

Sadly it appears to be prevalent in so many children's lives. Healthy anxiety lets us know that there is a threat that we should be aware of and make haste to fight or take flight. If there is no danger then it only robs one of the joy of life."

This workshop will be hands on where you will learn many creative interventions that can help these children manage their anxiety, both immediately and as long term coping strategies.

Using visual symbols that can be called upon in times of stress can reduce the pattern of repetitively returning to a state of anxiety. Recognising the level of anxiety and how this is manifest in behaviour and thinking will be covered. Using art you will learn many creative interventions that will assist you at your school and/or in your private practice. Most of these techniques are Leonie's own creations.

This workshop will be held at Leonie's office in Turramurra at the end of May.

Places are limited to 10 participants.

A vegetarian home made lunch and all art materials will be included in the cost.

9:30am - 4:00pm Cost \$200

Call to book - 0414 452 177

