

Anxiety, Panic and Obsessive-Compulsive Disorder (OCD): What is really going on and what can you do to help yourself or your child. (3 hours)

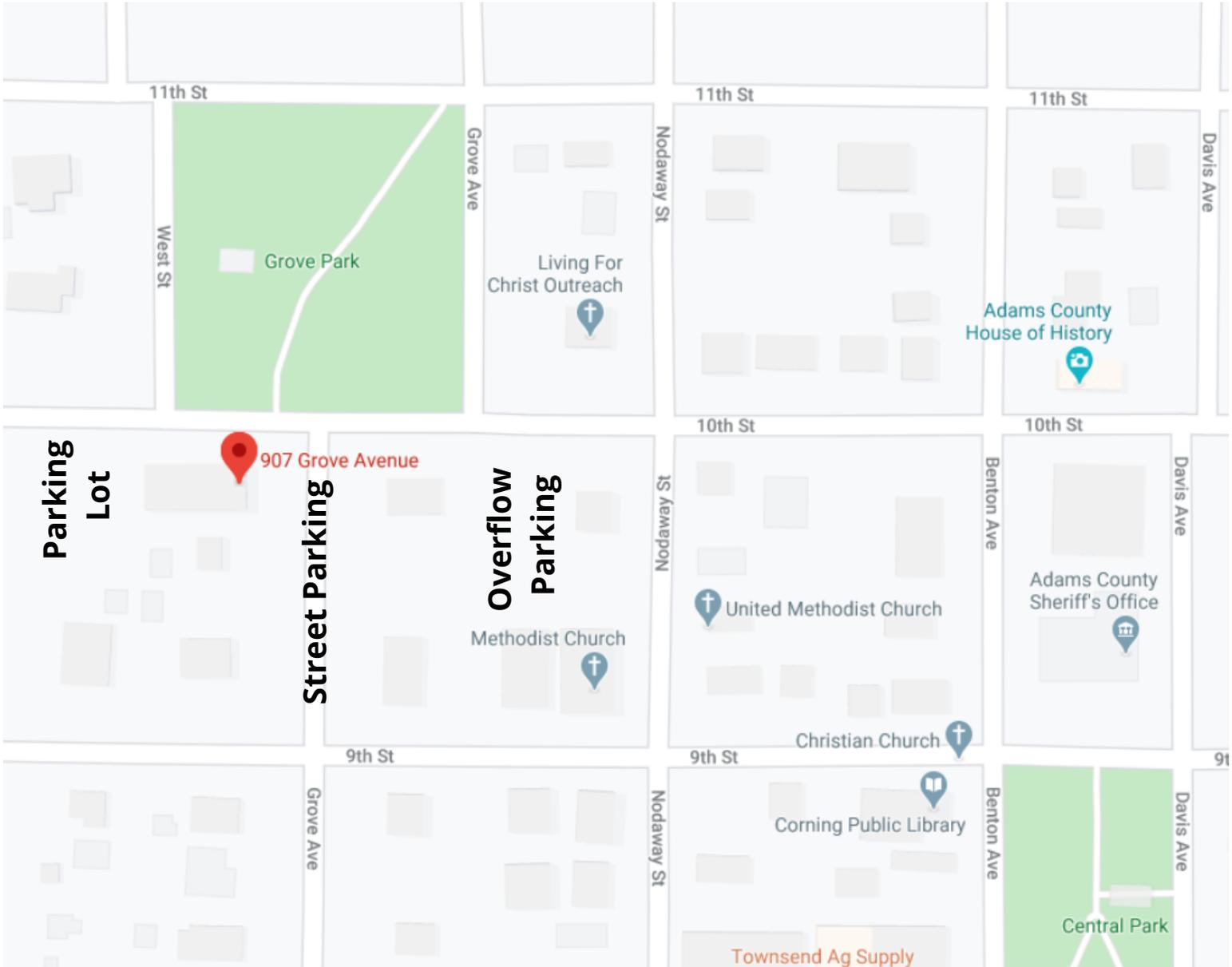
We all worry and at certain times worrying can turn in to more intense symptoms of anxiety and panic. In more extreme cases, anxiety and panic can manifest itself into obsessive thoughts and compulsive behaviors. Do you ever wondered exactly why it is you worry or experience symptoms of anxiety and panic? The purpose of this workshop is to help participants gain greater insight and understanding behind the biology of why anxiety exists and teach the skills needed for children and adolescents, as well as adults, to be able to manage anxiety, panic, and obsessive thoughts and compulsive behaviors more effectively.

Refocusing and Recentering:

Preparing yourself for the bumpy ride that is parenting! (3 hours)

Parenting is a journey with many bumps and curves. We often have our own internal and external reasons we want to be a parent. These reasons become even deeper when individuals decide to take the step to become a foster or adoptive parent. In general, it is important to keep our internal center and remember ourselves in the process of parenting. In this session, we will examine and practice ways to not lose yourself in the intensity and emotionality of fostering. We will create strategies to use in your everyday life to try and stay on the path of health, both physically and mentally. These strategies will help you to remember the importance of your “why” and realize your impact on the kids in your home and around you.

Dr. Joann Seeman Smith is a Licensed Mental Health Counselor who specializes in diagnosis, and treatment of children and adolescents. She received her Ph.D. in Counseling Psychology from Iowa State University in 2008. She works with many diagnoses and issues including, attention-deficit disorder, learning disabilities, autism-spectrum disorders, behavior problems, depression and bipolar disorder, anxiety, and adjustment difficulties due to abuse, foster care, transition to adoption, bereavement, and divorce. In addition to standard short-term and traditional talk therapies, Dr. Seeman Smith has expertise in using play therapy approaches with children, teens, and families, including children and families with attachment-based difficulties. Dr. Seeman Smith has been providing training for foster and adoptive parents since 2008. She currently has her own practice with offices in Ames and Granger. She also provides consultation and training for schools to better understand children with trauma.



Parking Lot

Street Parking

Overflow Parking

907 Grove Avenue

Grove Park

Living For Christ Outreach

Adams County House of History

Methodist Church

United Methodist Church

Adams County Sheriff's Office

Christian Church

Corning Public Library

Townsend Ag Supply

Central Park

11th St

11th St

11th St

10th St

10th St

9th St

9th St

West St

Grove Ave

Nodaway St

Benton Ave

Davis Ave

Grove Ave

Nodaway St

Benton Ave

Davis Ave