

Looking at Loss and Grief

Professional Development Training by The Grief Centre

When Anxiety Builds – And Intrudes

9th April 2019 - New Plymouth

Presented by Tricia Hendry

Supporting adults, children and teenagers through anxious times

Times of difficult change, loss, grief and trauma often bring increased levels of anxiety. For some – children, teens or adults – anxiety may begin to interfere with their daily life and relationships, and how they see their world and future. What exactly is anxiety and what causes it? How can it affect different people? How can we support and empower those coping with anxiety in difficult circumstances? What tools, resources and strategies are available? When is it wise to refer?

This practical workshop is designed for those working with children, teens or adults who are experiencing heightened, intrusive anxiety, during, or following, challenging life situations. We will look at some case study examples as we go.

This workshop will look at:

- anxiety rates in NZ - a statistical snapshot
- why tough life situations increase anxiety
- the nature of anxiety - its causes and brain response
- anxiety's continuum and impact - physically, cognitively, emotionally, spiritually, behaviourally
- recognising the signs - the obvious and the masked - in different ages and stages
- the difference and similarities between depression and anxiety
- when anxiety becomes more 'disordered'
- recognising when and how to help someone access more specialist help
- support tools, resources, apps and strategies available to assist different ages and stages to manage heightened anxiety
- the role of resilience building in anxiety prevention and management - what part can you play?
- self-care - when others' anxieties raise your own stress levels.

Further Information

Date: Tuesday 9th April 2019
Time: 1pm - 4.30pm
Venue: Quality Hotel Plymouth International,
Cnr Courtenay & Leach Streets, New Plymouth
Cost: \$95 plus GST



To register please email events@griefcentre.org.nz

www.griefcentre.org.nz

Providing transformative support through loss and grief