

F4 - When Your Child Worries too Much, too Frequently, or too Repetitively: How to Deal with the What-If's

This course will present information on childhood obsessive compulsive disorder and generalized anxiety disorder. We will discuss common ways these issues might interfere with everyday functioning (e.g., feeling sick, school refusal, etc.) and how to respond with empathy and understanding while not falling into the trap of enabling. We will also discuss how therapy can be helpful for these common childhood concerns.

Trainer: Warren Phillips, Ph.D. (Approved for CEUs)



About Warren Phillips, Ph.D.

Warren Phillips is a Licensed Psychologist and owner of Central Iowa Psychological Services, a group psychological practice with locations in Ames and West Des Moines, Iowa. Warren is also a Senior Lecturer and clinical supervisor in the Department of Psychology at Iowa State University. His areas of specialty include working with children, adolescents, and adults who have numerous neuro-biological disorders including attention-deficit disorder, learning disabilities, bipolar disorder, autism-spectrum disorders, and obsessive-compulsive disorders.