



**“MY STOMACH HURTS!”
HELPING CHILDREN
WITH ANXIETY**

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Introduction



What is
anxiety?

What does it
look like?

Prevention

Intervention

When to
worry about
worry

Resources

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WHAT IS ANXIETY?



Anxiety: Terminology

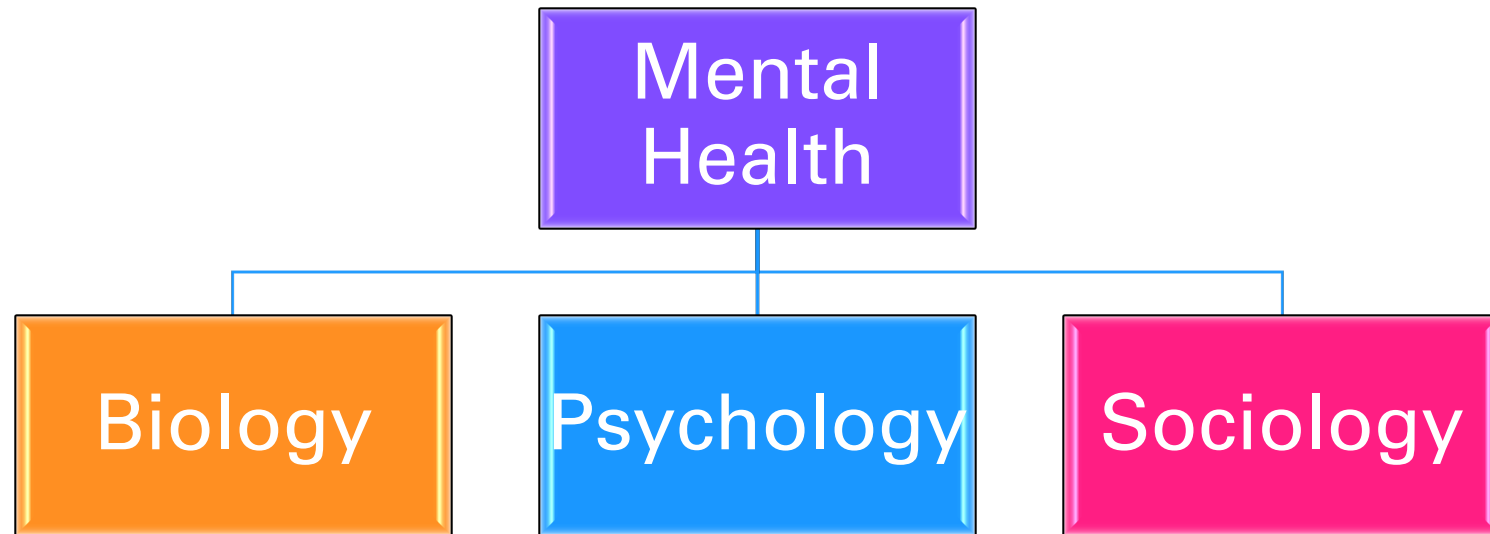


Worry vs anxiety

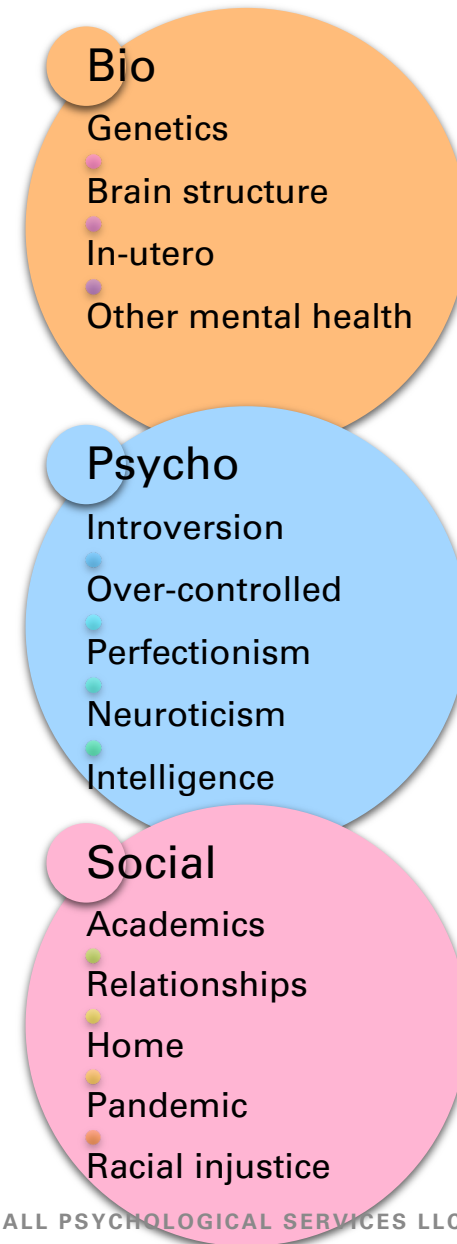


Anxiety disorders

Anxiety: Etiology



Anxiety: Etiology



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WHAT DOES IT LOOK LIKE?



Anxiety Development: Infancy

Temperament

Timid

Hard to soothe

Reactive



Anxiety Development: Childhood

Physical

Stomachache

Nausea

Headache

Pain

Emotional

Anger

Irritability

Separation anxiety

Panic attacks

Social reticence

Behavioral

Aggression

Withdrawal (parents)

School avoidance

Bed wetting

Sleep change

Compulsive behaviors



Anxiety Development: Pre-Teen

Emotional

Distracted

Afraid of mistakes

Cries often

Compulsive thoughts

Phobias

Nightmares

Behavioral

Extra-curricular avoidance

Withdrawal (friends)

Increased social media

Homework struggles

Eating change

Bullying



Anxiety Development: Adolescence

Emotional

Explosive outbursts

Seeks approval

Decreased motivation

Behavioral

Avoids or refuses independence

School failure

Skipping school

Risky drug experimentation

Risky sexual behavior



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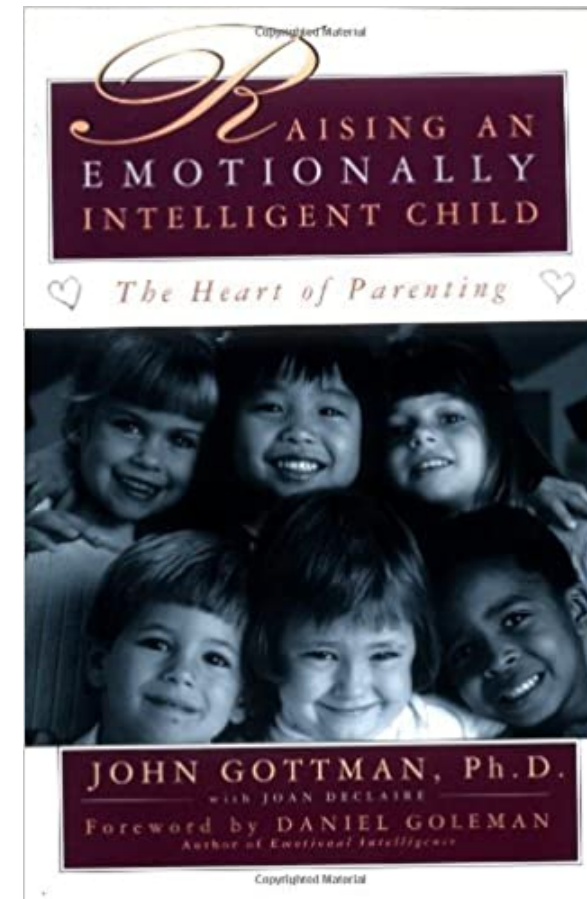
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PREVENTION



Prevention: Emotional Intelligence

- Awareness
 - Emotion vocabulary
 - Mind-body connection
- Communication
 - Normalize
 - Validate
 - Observe
- Modeling
 - “I feel_____”
 - Taking a break
 - Using a coping skill



Prevention: Practice



**GRADUAL
EXPOSURE**



REWARD SUCCESS



**AVOID REINFORCING
WORRY**

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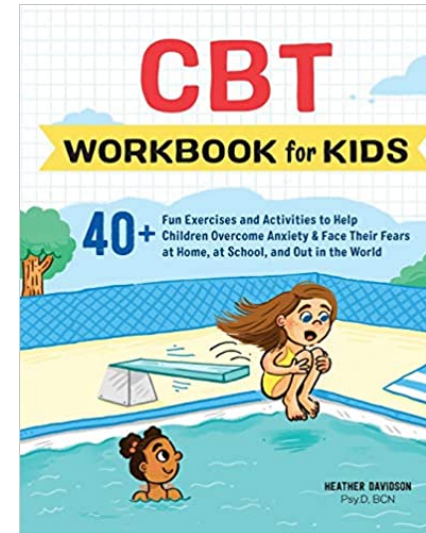
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INTERVENTION



Intervention: Coping Skills

- Relaxation
- Distraction
- Healthy habits
- Extra-curricular activities



TREATMENT (WHEN TO WORRY ABOUT WORRY)

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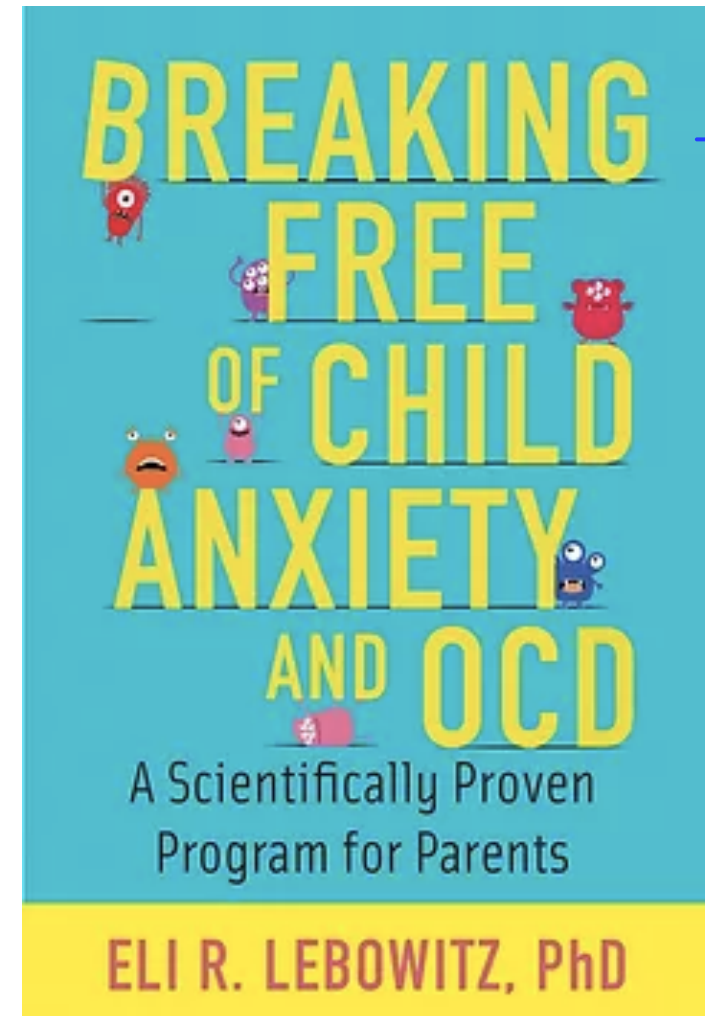


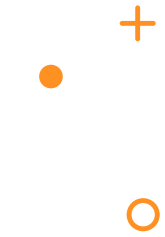
Anxiety: When to Worry

- ✓ Frequency
 - How often?
- ✓ Duration
 - How long?
- ✓ Change
- ✓ Impaired functioning
 - Where?
- ✓ Level of distress
 - What?

Treatment: Evidence-based

- Cognitive Behavior Therapy (CBT)
 - Trauma-focused cognitive behavior therapy (TF-CBT)
- Exposure therapy
- Parent involvement
 - Lebowitz et al., 2019
- Medication?





Treatment: Therapy Providers

- PhD/ PsyD Psychologist
- LCSW Licensed Clinical Social Worker
- LPC Licensed Professional Counselor

- In-network insurance providers
- Therapist directory
 - Psychology Today, GoodTherapy, Association for Behavioral and Cognitive Therapies, Therapy for Black Girls (see next slide)
- School referral list



Resources

- Anxiety and Depression Association of America
 - <https://adaa.org/>
- APA Evidence-Based Treatment for Children
 - <https://effectivechildtherapy.org/>
- Child Mind Institute
 - <https://childmind.org/>
- Coping Cat
 - <https://www.copingcatparents.com/>
- Emory Child and Adolescent Mood Program
 - <http://www.camp-emory.com/>
- Emory Wellness Guides
 - https://med.emory.edu/departments/psychiatry/covid/wellness_guides.html

**THANK
YOU!**

