***Morris County Psychological Association***



409 Main Street

Chester, NJ 07930

908-879-2233

www.mcpanj.com

***President Treasurer Program Chairperson***

Hayley Hirschmann, Ph.D Sarah Dougherty. Psy.D. Marilyn Lyga, Ph.D.

***President-elect* *Secretary NJPA Representative***

Sarah Dougherty, Psy.D. Melissa Klika, Psy.D. . Sarah Dougherty, Psy.D.

 ***Past President Webmaster Membership***

 Nancy Sidhu, Ph.D. Francine Rosenberg, Psy.D. Komal Dutt, Ph.D.

***Communications Chair Student Representative***

Christine S. Ghilain, Ph.D Erica Viera

**9/14/2022**

**Integrating Family Systems and Cognitive Behavioral Intervention for Pediatric Anxiety**

Presented by:

Mike Zito, PhD

**Meeting Announcements**:

* Hayley welcomed members.
* Today’s meeting was held via zoom. Next month on October 12th we will return to in person meetings. The meeting will be held at St. Elizabeth University. More information is available on the website.

***Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Hayley Hirschmann, Psy.D. if you have any questions or prefer not to register online.

**Meeting Attendees:**

Carla Andrews
Kim Arthur
Roderick Bennett
Richard Brewster
Sarah Dougherty
Katherine Dulfer
Komal Dutt
Janie Feldman
Anthony Ferrer
Lorraine Kahles-KIldow
Dan Gallagher
Kenneth Gates
Marc Gironda
Hayley Hirschmann
Melissa Klika Mack
Phyllis Lakin
Charles Mark
Carly Orenstein
Denise Ricciardi
Barbara Rosenberg
Francine Rosenberg
Jayne Schachter
Kenneth Schulman
Nancy Sidhu
Kelly Sullivan
Mary Toolan
Laura Venuto
Allen Weg
Aaron Welt

**Presenter Bio:**

Dr. Zito is a licensed psychologist who practices clinical, sport and performance psychology for 30+ years.   He has three Family Systems book chapters and earned his PhD in Marriage and Family Therapy.

**Overview and Objective of Today’s Talk**

This program will help participants understand the need to broaden assessment and intervention strategies to consider how family dynamics influence pediatric anxiety.  Specifically, the role of enmeshment/over protectiveness, family conflict, alliances, discordant parenting and poor individuation will be discussed.  Methods to guide family members to promote anti-anxiety cognitive behavioral change will be addressed.

***Learning Objectives:  By the end of the session, participants will be able to:***

  ***Learning Objectives:  By the end of the session, participants will be able to:***

* Summarize the value of broadening clinical assessment and intervention by including a family systems component.
* Recognize that family racial, ethnic, and cultural background needs to be included in assessment and intervention.
* Assess healthy vs unhealthy family dynamics.
* Explain how enmeshment/over-protectiveness, family conflict, alliances, discordant parenting, and poor individuation contribute to anxiety symptom development
* Provide guidance to the family member to promote anti-anxiety cognitive behavioral change.

*This program is intended for psychologists, psychiatrists, social workers, nurses, mental health counselors, marriage and family therapists, physicians and graduate students. It will be presented at an introductory level, meant for those with little prior knowledge of the subject matter. The presenter does not have any commercial support and/ or conflict of interest for this program****.***

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**