***Morris County Psychological Association***



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**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:***

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* 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.**