



## School of Allied Health Professions

Recorded Seminar Series 1.0 CE \$20

### CBT Play Therapy Techniques for Anxiety Issues with Adolescents

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Anxiety, unfortunately, is a normal reality in everyone's life that may peak during adolescences. Some typical settings for anxiety include new situations, testing/assessments, performance/evaluation, competition, and even asking something of another can provoke anxiety. Most of the time, anxiety decreases once the nerve-wrecking activity has started or even ended, yet some adolescents may continue to feel anxious. Teletherapy is a great tool for teens because they can access mental health treatment without leaving their room! This workshop will discuss playful teletherapy techniques from the theoretical orientation of Cognitive Behavioral Therapy that may be used for tweens and teens struggling with anxiety.

#### *Objectives*

Participants will review an overview of CBPT principles and consider the alignment of CBPT to teletherapy. Participants will discuss the application of Cognitive Behavioral Play Therapy techniques customized to work within the teletherapy platform. Participants will apply the use of these interventions and consider available electronic tools to utilize in session with adolescents.