

# RADY CHILDREN'S HOSPITAL-SAN DIEGO AND UC SAN DIEGO SCHOOL OF MEDICINE

## *Division of Child & Adolescent Psychiatry Virtual Grand Rounds*

**Tuesday, October 12, 2021, ~ 12:30 pm-1:30pm PST**

### *Topic*

Managing Child Anxiety in the Clinic, Home and School

### *Course Description*

This presentation will describe best practice CBT approaches for the clinic-based treatment of child and adolescent anxiety, as well as adaptations of this approach for anxiety management at home and school

### *Objectives*

- 1) Describe the primary components of exposure-based CBT for OCD and anxiety disorders
- 2) Explain the concept of negative reinforcement as it relates to exposure therapy
- 3) Demonstrate the implementation of an exposure exercise for youth with OCD or anxiety

### Join Zoom

Meeting ID: **936 6363 1176**

Password: **340000**

[https://rchsd.zoom.us/j/93663631176?](https://rchsd.zoom.us/j/93663631176?pwd=eGxXUzlnL2Foc3hwMlExM0t4NnZaQT09)  
[pwd=eGxXUzlnL2Foc3hwMlExM0t4NnZaQT09](https://rchsd.zoom.us/j/93663631176?pwd=eGxXUzlnL2Foc3hwMlExM0t4NnZaQT09)

SCAN ME



**John Piacentini, Ph.D. ABPP**

Guest Speaker

Dr. Piacentini is a board-certified clinical child and adolescent psychologist and Professor in the UCLA Department of Psychiatry and Biobehavioral Sciences. He directs the UCLA Child OCD, Anxiety, and Tic Disorders Clinic and Tourette Association Center of Excellence, which provides diagnostic evaluation and treatment (therapy and medication) for youth with the above problems. He also directs the UCLA Center for Child Anxiety Resilience, Education, and Support which provides education and programming to parents, teachers, and clinicians about anxiety prevention and management. Dr. Piacentini's research focuses on developing and testing effective treatments for youth OCD, anxiety, tics, and body-focused repetitive disorders. He has played a lead role in several major treatment studies for these disorders and has published over 300 scientific papers and chapters and nine books.