

# IFAPA TRAINING

for foster, adoptive and kinship parents and workers

## “Don’t Worry About It!” - Anxiety, Panic and Obsessive-Compulsive Disorder (OCD)

We all worry and at times feel anxious and at certain times worrying can turn in to real symptoms of anxiety and panic. And in more extreme cases, anxiety and panic can manifest itself into obsessive thoughts and compulsive behaviors. Have you ever wondered exactly why it is that we worry and experience symptoms of anxiety and panic? The purpose of this workshop is to help participants gain greater insight and understanding behind the biology of why anxiety exists and teach the skills needed for children and adolescents, as well as adults, to be able to manage anxiety, panic, and obsessive thoughts and compulsive behaviors more effectively.

**Approved for 6 Hours of Foster Parent Credit**

## About the Trainer:

**Dr. Matthew Hiveley**

Dr. Matt Hiveley has earned bachelor's degrees in Psychology and Sociology, a master's degree in Counselor Education (agency track), and a Ph.D.



in Human Development & Family Studies, specializing in Couple & Family Therapy. He is a Licensed Mental Health Counselor and a Couple & Family Therapist who has over 12 years of experience working as a therapist/counselor in various settings with children, adolescents, adults, couples, and families.

Dr. Matt Hiveley specializes in the areas of relationships, communication, general parenting, adolescent concerns, foster parent/adoption issues, separation/divorce, grief/loss, self-esteem, anger management, stress management, depression, anxiety, panic, phobias, obsessive-compulsive behaviors, and adult symptoms of Attention-Deficit Disorder (ADD).

## HOW TO REGISTER FOR THIS CLASS

### REGISTER VIA PHONE

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

### REGISTER ON OUR WEBSITE

To sign-up for a class through our website, complete our online registration form: [www.ifapa.org/training/training\\_registration\\_form.asp](http://www.ifapa.org/training/training_registration_form.asp). IFAPA will follow-up within two business days to confirm your enrollment in the class.

