



IFAPA TRAINING

Worrywarts and How You Can Help Them: Understanding the Anxiety Disorders in Children (3 hrs credit) – Do you wonder how to help your child relax and cope with things that make him/her anxious? Does it concern you that maybe he/she worries too much? This workshop will present and discuss symptoms and behaviors typical of a variety of anxiety disorders in children and adolescents. Parents will learn specific methods to help their children cope with anxiety and control its symptoms and impact.

Trainers: Dr. Warren Phillips & Dr. Judy Rudman

Dr. Phillips is the owner and CEO of Central Iowa Psychological Services (located in Ames and West Des Moines) and a Senior Lecturer in the Psychology Department at Iowa State University. He received his Ph.D. in Clinical and Developmental Psychology from the University of Illinois at Chicago. He provides psychological assessment and therapy to children as young as age 3, adolescents, adults, families, and couples. His areas of specialty include working with children, adolescents, and adults who have attention-deficit disorder, learning disabilities, behavior problems, depression, anxiety, obsessive-compulsive disorder, and adjustment difficulties due to abuse, bereavement, or divorce. Dr. Phillips teaches classes in Developmental Psychology, Psychological Assessment, and Psychotherapy methods at ISU and has presented workshops on ADHD, Trauma, Post-traumatic stress disorder, sexual abuse of children, Pediatric Bipolar Disorder, and Behavior Management/Parent Training for IFAPA and other groups for the last 10 years. Dr. Phillips loves his work; particularly the time spent talking and connecting with his clients, students, and workshop attendees. One of his primary goals is to discover and experience the joy in each and every day.

Dr. Rudman received her Ph.D. in Clinical and Health Psychology with specialization in Child and Adolescent Psychology from the University of Florida. Following her training, she was an assistant professor at the University of Florida in Clinical Psychology at Shands Hospital. She also was the lead psychologist at the Morris Center, a multidisciplinary treatment center for children with neurological disorders and learning disabilities. Following her move to Iowa, she has been working with children and families in Central Iowa since 1997. Dr. Rudman currently sees clients at Ames Counseling and Psychological Services. She provides psychological evaluation and treatment for children, adolescents, adults, families, and couples. Her areas of specialty include learning disabilities, attention-deficit disorders, eating disorders, trauma, depression, anxiety, behavior problems and social difficulties. Dr. Rudman has presented on topics ranging from identification of learning disabilities, to effective parenting strategies, to assessment and treatment of eating disorders. Dr. Rudman has three children of her own.

HOW TO REGISTER FOR A CLASS

REGISTER VIA PHONE

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

REGISTER ON OUR WEBSITE

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