

**Lynn Lyons, LICSW**  
**Managing Anxiety at Home and School**  
**Session 2 – February 21, 2017**

Playing the Game of Action over Avoidance:  
Interventions that Move Toward Worry

The 7 Puzzle Pieces

Frontloading: kids need an understanding and a plan

How I do a session:

As soon as family walks in, I'm getting to work

1. Get some information about the family
  - a. "Six months" question
  - b. When is the worry most likely to show up?
  - c. What have you done to handle the worry?
  - d. What works? What have you learned?
  - e. Get a little family history (Who else in the family worries?) *some info about parents and their anxious kids*
2. Explain how worry works (the worry loop)
3. Externalize it...draw it...describe it (white board or on paper)
4. Pick some content to work with...often the area that is most intrusive and/or area that is appealing

Intrusive=teens often willing to go after the problem; be collaborative

Agreeable=younger kids might pick what feels more doable (which is fine)

5. Begin to talk about the “on purpose” approach and bringing offensive energy to this game

Role model/Act it out/practice

Draw it out/Use visuals

6. Pull out the resources

Where are the strengths?

What have you done/accomplished already?

7. Rewards:

How do we structure them?

8. Parent coaching:

You can move pretty fast!

Tolerating the extinction burst

Empathy...and consistency

Important Points:

- Work begins immediately...model action!
- Assessment *IS* intervention—no need to have a separate assessment session (or 4!) in order to begin offering concrete strategies
- In a first encounter, offer education and a plan

## Links to Videos

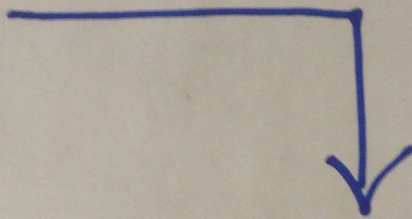
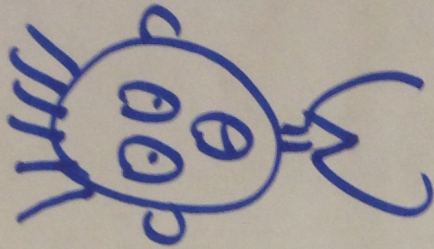
Smarter Every Day: The Backwards Brain Bicycle

<https://www.youtube.com/watch?v=MFzDaBzBIL0>

Sentis Neuroplasticity

<https://www.youtube.com/watch?v=ELpfYCZa87g>

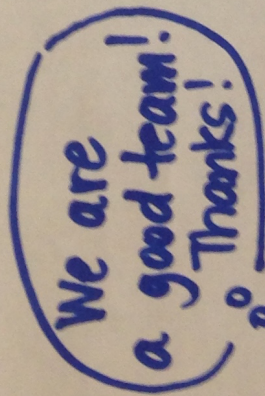
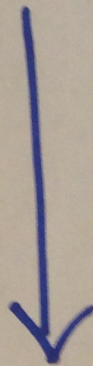
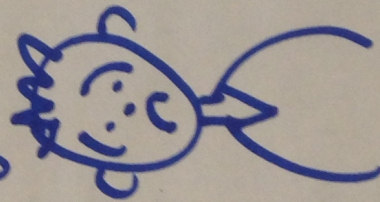
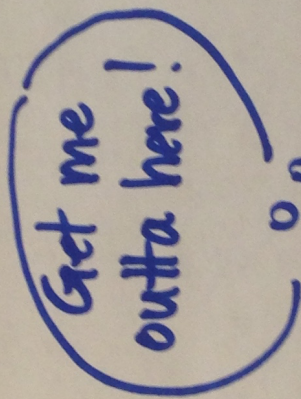
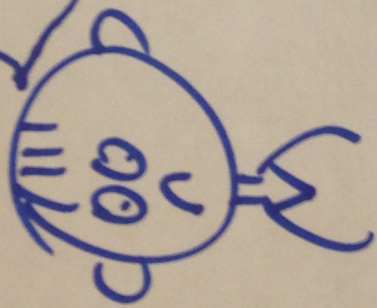
Yikes!



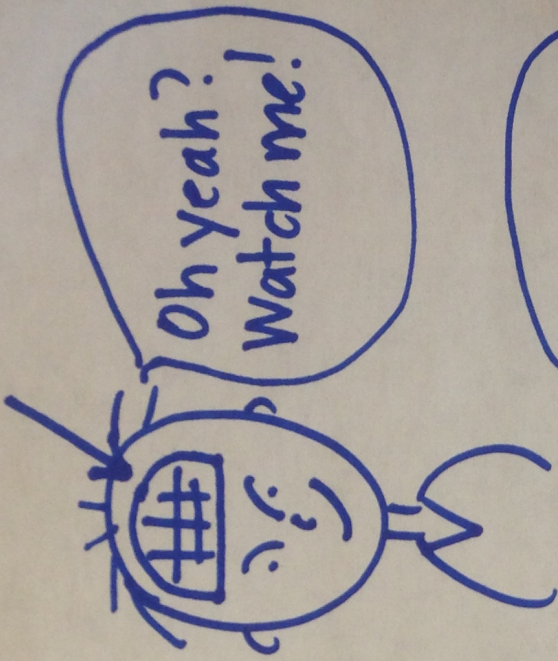
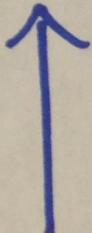
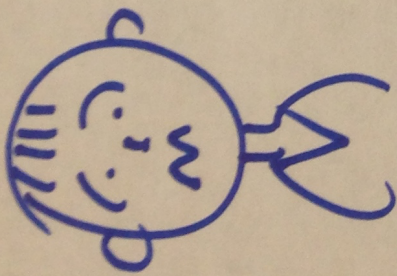
You can't handle it!

OH NO!

Emergency!



Hey! You can't handle this!

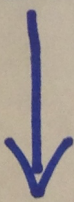


Oh yeah? Watch me!



Listen to ME!

Worry, you always say the same thing.



You're so predictable. When you show up, I do the opposite.

