



Got Stress?

The Impact of Anxiety on Today's Youth

Presented by Dr. Caroline Adelman and Ellen Bee, LCPC
Friday March 6th, 2020
9:30am-11:30am | Vernon Area Public Library

- Recognizing and understanding anxiety in children and contributing factors in youth
- Best practices and the role of the family for addressing anxiety in youth
- Special considerations for understanding and addressing anxiety in high-achieving populations
- Strategies for Fostering Resilience

RSVP: <https://www.eventbrite.com/e/79093321253>



Dr. Adelman completed her PhD in Clinical Psychology at the University of North Carolina at Chapel Hill. She completed her pre-doctoral and post-doctoral fellowships at the Child Study Center at Yale University. Prior to establishing Chicago Psychotherapy, Dr. Adelman worked as a staff therapist and Co-Director of the Child and Adolescent Anxiety Clinic at The Family Institute at Northwestern University. She has been on the clinical teaching faculty at Northwestern University since 2013. Dr. Adelman specializes in the treatment of Anxiety Disorders, Obsessive Compulsive Disorder (OCD), and Mood Disorders. Family Systems Therapy and Parent Management Training.



Ms. Ellen Bee, LCPC received her Master of Arts in Counseling from Northwestern University. She completed a post-graduate clinical fellowship at The Family Institute at Northwestern University, receiving advanced training in the use of systemic and evidence-based therapy practices. Ms. Bee currently specializes in the treatment of Anxiety Disorders, Obsessive Compulsive Disorder, and Mood Disorders, with a particular focus on supporting adopted youth and their families, as well as gifted/ talented youth and young adults. Ms. Bee works from a culturally-sensitive and evidence-based framework.

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