



Successful Connections



LUNCH & LEARN

Presenter: Ivonne Cozad
Staff Clinician
Family Service and Guidance Center

Ms. Ivonne N. Cozad is a Clinical Psychologist in Topeka, KS with special training and skill in identifying and managing psychological disorders. As a Clinical Psychologist, Ivonne N. Cozad performs psychological evaluations and creates treatment protocols. Clinical Psychology is the diagnosis and treatment of mental, emotional, and behavioral dysfunctions. Significant diseases and conditions treated by Clinical Psychologists include phobias, depression, obsessive-compulsive disorder, eating disorders, bipolar disorders, post-traumatic stress disorder, and schizophrenia. Medical tests, procedures and therapies provided by Clinical Psychologists include diagnostic observations and cognitive-behavioral therapy.

Anxiety in Children

This presentation will address about the nature of anxiety and provide information regarding the different types of anxiety that are more common in children. Discussion will also include the way we treat anxiety at FSGC and ways in which parents and other adults could help support children with anxiety.

In this presentation participants will:

- Be able to define anxiety and the different types of anxiety that are most common in children
- Be able to identify physiological and cognitive symptoms of anxiety.
- Be able to understand how Cognitive Behavioral Therapy works and ways in which parents and caretakers could support children with anxiety.

Date & Time:
Thursday, April 7, 2022
12:00 – 12:55 PM

Where:
Online via Zoom
Register in Advance:
<https://bit.ly/April-LunchLearn>

* Following registration, you will receive a confirmation email containing information about joining the meeting.

For questions, please call 785-440-4514.