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**Subject:** Video Training on Youth Related Issues - Anxiety, Autism, Self-Injury

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**Access the following training right from your desk:**

**Anxiety – Overview and Awareness – Part 1**

Anxiety represents our body's natural alarm system, signalling to us the possibility of danger. When this response arises too frequently or intensely and doesn't match actual situations of danger, it can interfere with life and cause great distress. It is estimated that over a quarter of the population will experience anxiety and there is an increasing concern for rising anxiety among children and youth. In this webinar we will explore the natural purpose of anxiety and how it can become 'disordered' and the main principles to guide responding and supporting individuals struggling with anxiety

**Anxiety – Practical Intervention Strategies – Part 2**

While every person experiences anxiety, it is estimated that over a quarter of the population will experience anxiety at levels that cause distress in their lives. When high levels of distress is experienced, it is important for people to be able to access strategies to reduce anxiety. This webinar presents practical and accessible strategies to assist both adults and children in reducing anxiety.

**Autism – Developing an Understanding – Part 1**

This webinar begins with a brief overview of the fundamental aspects of autism - characteristics of people on the spectrum, appropriate terms for working in the field, common myths and approaches, as well as new diagnostic criteria. When the DSM-5 was published in 2013, one of its most important changes was in its understanding of Autism Spectrum Disorder. This webinar will review those changes that include the removal of pervasive developmental disorder not otherwise specified and Asperger's, new diagnostic criteria, and implications regarding communication. It will also consider critiques and frequently asked questions regarding the Autism Spectrum Disorders.

**Autism – Strategies for Self-Regulation – Part 2**

Helping professionals and educators are increasingly understanding the importance of self-regulation in dealing with anxiety and stress for any population. When helping people on the Autism spectrum, the method of teaching self-regulation may need to accommodate this population's specific needs and learning styles. This webinar will look at emotional, physical and cognitive self-regulation strategies for individuals with Autism Spectrum Disorders.

**Self-Injury Behavior in Youth – Developing an Understanding – Part 1**

Self-injury refers to deliberate, self-inflicted tissue damage, such as cutting or burning. Self-injury has reached alarming proportions amongst our youth, with North American studies indicating adolescent prevalence of between 14 and 18 percent. This webinar will provide a general overview of self-injury: what it is, what causes it and how it helps those who engage in it. Information regarding common warning signs along with the cycle of self-injury will further assist participants in understanding the experience and motivations of adolescents who intentionally injure themselves.

## Self-Injury Behavior in Youth – Strategies for Helping – Part 2

Helping professionals are increasingly encountering young people who are engaging in self-injurious behavior. This webinar will focus on practical strategies for working with youth struggling with this complex issue. Topics covered include assessment, emotion regulation, replacement skills training and contagion prevention. Participants will gain insight regarding self-injury behavior in youth along with tools for effective intervention.

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Regards,

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