

MAKING SENSE OF ANXIETY

WITH GORDON NEUFELD PH.D

“The escalating level of anxiety in our children begs for an explanation as well as a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This course brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety.

The focus of this course is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. The dynamics and insights however apply to all ages.

The course is divided into two parts: theory and application. The first three sessions are dedicated to unfolding a model of anxiety that has universal application. Given that anxiety is such an enigma, shedding light on its roots is absolutely essential to addressing the problem. Once the key insights are mastered, the implications and applications flow rather logically.

The theory part of the course revolves around three conceptual keys that unlock the necessary insights. These keys come from three diverse scientific fields of knowledge: neurobiology, attachment and vulnerability. Only in bringing all these insights together does anxiety reveal its secrets.”

FOSTER PARENT SCREENING

SESSION TOPICS

1. Neuroscience of Anxiety
2. Anxiety, Attachment & Vulnerability
3. Working Model of Anxiety
4. Addressing Anxiety

LOCATION

Interior Community Services
Boardroom (765 Tranquille Road)

WEDNESDAYS

May 15, 2019 - Sessions 1 & 2
May 22, 2019 - Sessions 3 & 4

TIME

10am - 12:30pm
(After Foster Parent drop-in:
9am – 10am)

Please **RSVP** to
Renata and Krista at
(236) 421-0031

