

The University of Rhode Island
Early Intervention
Recruitment and Retention Office
Presents



Anxiety and sleep in young children and
families: Issues and interventions

Dr. Sue K. Adams will review the theoretical foundations behind anxiety and sleep problems in young children. Empirically-supported treatments in child anxiety and sleep issues will be discussed. Participants will learn how to relay this information to anxious families. Practical application of intervention strategies will be discussed in relation to both anxiety and sleep problems.

Saturday, January 28, 2012

Registration & Coffee 9:00 a.m.- 9:20 a.m.

Workshop 9:30 a.m. - 12:30 p.m.

Multicultural Center, Hardge Forum

University of Rhode Island

74 Lower College Road, Kingston RI 02881

For more information, please call 401.874.4036

or e-mail eigrant@etal.uri.edu



Presenter

Sue K. Adams, Assistant Professor in Human Development and Family Studies at URI has a Ph.D. in Clinical Psychology from the University of Massachusetts, Boston. Dr. Adams's teaching, research and clinical interests are focused in the area of physical and mental health promotion. Dr. Adams provides clinical services to

children and families experiencing an array of mental health concerns. She utilizes a cognitive behavioral approach to treat children with anxiety, sleep disorders and promotes childhood asthma management.

Dr. Adams has received extensive research training in the area of childhood asthma, sleep and anxiety. Dr. Adams's research interests also include examining the impact of sleep on college students' academic, psychological, and social functioning. At URI, Dr. Adams runs the Sleep! Research Lab, which consists of between 2-4 undergraduate and graduate students who are currently investigating the influence of technology use on college students' sleep quality and mental health.

Directions to The University of Rhode Island Kingston Campus

From the North, Take I-95 south to exit 9 (Route 4 south). Follow Route 4 to Route 1 south. Stay on Route 1 until intersection of Route 138 west. Directions continue below.

From the South, take I-95 north to exit 3A (Route 138 east). Continue east on Route 138 to the university.

From Route 138, Turn north onto Lower College Road and the Multi Cultural center will be at the end of the circle. Parking information can be found in your registration confirmation email and online at <http://www.uri.edu/frp/trainings.html>.

Registration Form

**Anxiety and sleep in young children and families:
Issues and interventions**

Registration and payment due by January 20, 2012.
Registration will be accepted on a first come first serve basis as space is limited.

Please **detach** and return with payment of \$20.00 to
URI Early Intervention & Recruitment Office
Transition Center
2 Lower College Road, Kingston, RI 02881

Checks may be made payable to:
The University of Rhode Island/Early Intervention

Name: _____

Attendee's Email*: _____

Job Title/Position: _____

Affiliation: _____

Address: _____

Phone: _____

RI teacher certificate #: _____

Please check if you are a social worker and need CEs ___

***Please include email of attendee for registration confirmation.**

Professional Development Credits (PDCs) approved by Rhode Island Department of Education and Continuing Education Units (CEs) by National Association of Social Workers Rhode Island Chapter.