

Team-Based Care: Anxiety and Stress in Children and Adolescents - Part 2

SHOW NOTES

Learning Objectives

As a result of participation in this educational activity, members of the healthcare team will be able to:

- Identify psychotherapeutic interventions for pediatric anxiety symptoms including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness.
- Discuss the role of pharmacotherapy in the treatment of pediatric anxiety disorders, including the use of selective serotonin reuptake inhibitors (SSRI's)
- Describe common sources of stress for children and adolescents, and the relationship of stress with pediatric anxiety symptoms

Claiming Credit/Episode Evaluation

Visit the "Team-Based Care" podcast page at <https://ce.icep.wisc.edu/team-based-care-anxiety-stress-children-adolescents-part2> to learn more about how to claim credit using the texting function or through the ICEP learning portal. We appreciate your feedback! At the same link, you can learn how to share your feedback for this episode.

Accreditation Statement



In support of improving patient care, the University of Wisconsin–Madison ICEP is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statements

For more information about continuing education credit for this episode, visit the "Team-Based Care" podcast site in the ICEP online learning portal at <https://ce.icep.wisc.edu/team-based-care-anxiety-stress-children-adolescents-part2>

The accreditation for this course expires 4/22/2027. After this date, you will no longer be able to access the course or claim credit.

Reference & Resources

[TIPP](#)

[Progressive Muscle Relaxation \(PMR\)](#)

[Grounding Techniques](#)

[Family Mindfulness Schedule](#)

[Calm Harm App](#)

[Clear Fear App](#)

[Supportive Parenting for Anxious Childhood Emotions \(SPACE\)](#)

[Thinking traps](#)

[Square breathing](#)



[AACP Anxiety Disorders Parents' Medication Guide \(English\)](#)



[AACP Anxiety Disorders Parents' Medication Guide \(Spanish\)](#)



[Advances in Pharmacotherapy for Pediatric Anxiety Disorders](#)