

#Adulting: Overcoming Anxiety & Transition into Independent Adulthood in Emerging Adults

Friday, May 18, 2018

12:00-1:00 PM Eastern

EARN 1 CATEGORY I CE!

"#Adulting" is a popular way emerging adults (ages 18-34) joke on social media to indicate ways they are carrying out responsibilities towards becoming an independent adult. However, many of today's millennials are having a difficult time transitioning into adulthood, demonstrating inadequate functional life skills, social skills, and/or coping mechanisms in order to gain stable employment, maintain a successful academic record, foster friendships, or live independently. It can result in young adults not leaving the home or returning home after living independently. Complicating this transition is when anxiety and depression are part of the clinical picture. This webinar will provide an overview and case examples of a developmentally sensitive cognitive

behavioral therapy (CBT), adapted to address both anxiety and mood disorders and the successful transition into adulthood. Involvement of significant others (e.g., romantic partners, parents, siblings, etc.) in treatment will also be discussed.

By attending this webinar, participants will be able to:

1. Identify and assess factors that perpetuate and maintain difficulties in transitioning into adulthood for emerging adults with anxiety and mood disorders.
2. Select appropriate cognitive behavioral interventions to address deficits in problem solving, cognitive restructuring, social skills, executive functioning, distress tolerance, emotional regulation, contingency management, and communication between caregivers and the emerging adult that prevents successful transitioning into adulthood.



Presented by: **Heather M. Chik, Ph.D., HSPP**

Dr. Heather Chik is a licensed clinical psychologist in Indiana and Illinois and is the owner and director of the Anxiety & OCD Behavioral Health Center in Munster, Indiana. She uses cognitive behavioral therapy (CBT), exposure therapy, and other empirically-supported treatments, to treat adults, adolescents, and children with anxiety disorders, obsessive compulsive disorder (OCD), OCD spectrum disorders, mood disorders, and behavioral disorders. She supervises clinical psychology postdoctoral residents and guest lectures on CBT for psychology and social work graduate students and interns at several universities in Chicago. She was a member of the communications committee for the Indiana Psychological Association. Dr. Chik received her Ph.D. in clinical psychology from Rosalind Franklin University of Medicine and Science (formerly the Chicago Medical School). She received specialized research and clinical training from several leading providers of anxiety disorders and OCD treatment in Canada and the United States, including the Anxiety Treatment Center of Greater Chicago, the Vancouver CBT Centre, and the Anxiety Disorder Center at St. Louis Behavioral Medicine Institute. She also served as Adjunct Professor in the Department of Psychology at Indiana University Northwest.

Special Note to Conference Attendees

The Indiana Psychological Association (IPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Indiana Psychological Association maintains responsibility for this program and its content.

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- IPA is an approved provider of Category I continuing education for psychologists.
- IPA is an approved provider of Category I continuing education for LSW, LCSW, LMFT, LMHC, LMFTA, LCAC and LAC.

Licensees must judge the program's relevance to their professional practice.

Please note that APA rules require that credit be given only to those who attend the entire workshop. Those arriving more than 15 minutes after the scheduled start time or leaving early will not receive CE credits. Partial credit cannot be given.

Go to

www.indianapsychology.org
for registration and other
important information.

Registration Fees

IPA Members - \$20

Non-Members - \$30

Students - \$10