



The North Salem MS/HS PTO Presents

## **Supporting Your Child in Managing Stress and Anxiety**

A Discussion with Dr. Don Merriman, PQ School Psychologist, and  
Dr. Anthony Puliafico, Director of the Columbia University Clinic for Anxiety  
and Related Disorders—Westchester

Tuesday, February 12th at 7:00 pm, North Salem MS Cafeteria

This presentation will provide parents with strategies for managing stress and anxiety in their children. The presenters will review the ways anxiety manifests in childhood and adolescence and will discuss how to distinguish normal stress from an anxiety disorder, as well as strategies for responding when children exhibit high levels of anxiety. Topics will include an overview of treatment options for children and adolescents with anxiety disorders. A Q&A period will follow the presentation.

**\*\*MS/HS STUDENTS ARE WELCOME TO ATTEND\*\***

*Anthony Puliafico, Ph.D. serves as Director of the Columbia University Clinic for Anxiety and Related Disorders (CUCARD) -Westchester, an outpatient clinic in Columbia University's Child and Adolescent Division. Dr. Puliafico specializes in the assessment and treatment of anxiety disorders, obsessive-compulsive disorder (OCD), school refusal and related disorders in children, adolescents and adults. Dr. Puliafico regularly publishes and presents on the treatment of pediatric anxiety disorders. He is the co-author of "The OCD Workbook for Kids."*

*Dr. Merriman has over fifteen years of experience as a clinician working with a broad spectrum of students. Areas of special training and expertise include working with individuals with anxiety, depression, AD/HD, oppositional/defiant behavior, developmental disabilities, academic difficulties, peer related issues; providing parent training; and conducting psychoeducational neuropsychological evaluations. He is extensively trained in Cognitive Behavior Therapy (CBT), and has been integral in expanding and enhancing social-emotional curriculum at PQ. With regard to evaluations, Dr. Merriman is highly trained in a variety of psychological, neuropsychological, social/emotional, and educational assessment procedures.*