

Free Educational Workshop Resource Series for Parents and Families

The Child Study Center Educational Workshop Series

The Child Study Center at NYU Langone Medical Center hosts weekly workshops on various topics related to raising healthy kids, managing behavior, and emotional health and illness. The workshops are led by our expert clinical faculty who will provide insights, tips and advice on working with children and adolescents.

All workshops are on Thursdays at 6:30 p.m. and last approximately one hour. They are held at the Manhattan office located at One Park Avenue (between East 32nd and East 33rd Street), 7th Floor, and all are free and open to the public. The phone number is 212-263-6622. The office is located on Park Avenue.

To register for a workshop and to learn more about the CSC, please visit aboutourkids.org

Advancing Kids' Organizational Skills: Keys to Success

9/11/14

Children with ADHD often struggle with organizing schoolwork, managing time, and planning projects. This workshop will discuss techniques and best practices from our highly successful book *Organizational Skills Training for Children with ADHD*, published by Guilford Press.

Presenter: Richard Gallagher, PhD

Please register [here](#)

Uncommon Wisdom: Learning in the Era of the Common Core

9/18/14

Developed in 2009 to establish a standardized set of learning standards and proficiency requirements across states, the Common Core introduced fundamental changes to instruction and skill evaluation in Math and English. This workshop will provide a comprehensive review of Common Core Learning Standards (CCLS), cognitive skills emphasized by the CCLS, as well as strategies for fostering success within the new academic framework, including children with learning disabilities.

Presenters: David Marks, PhD, and Kirsten Cullen Sharma, PsyD

Please register [here](#)

Stressed Out: Test and Performance Anxiety

10/9/14

While tests and exams can be anxiety-producing for many kids and teens, NYC teens face more opportunities than most to be stressed out! From state tests in elementary school and specialized exams in middle school to Regents and SATs in high school, our

kids are placed in high-demand, high-stress testing situations. This workshop will focus on how to manage test anxiety and performance fears in children and teens.

Presenter: Rebecca Rialon Berry, PhD

Please register [here](#)

Simple Steps to Improve Your Child's Sleep

10/16/14

Sleep plays a key role in daytime functioning. Unfortunately, many children experience sleep problems, which can result in insufficient sleep for them and their parents. We will discuss how sleep problems develop and strategies you can take to help both you and your child sleep better. You will learn how to set up your child for success, develop healthy sleep habits, work on fears and behaviors that interfere with sleep, and track the results of these changes.

Presenters: Stephanie Wagner, PhD, and Argelinda Baroni, MD

Please register [here](#)

Working with Your Child's School: Advocating for Your Child and Partnering with Teachers

10/23/14

Partnerships between parents and school staff are critical to children's long-term success. This workshop identifies strategies to develop effective classroom accommodations and behavioral plans for attention and behavioral concerns. We will also cover helpful behavioral interventions including Individualized Education Programs (IEPs), Section 504, and Daily Report Cards.

Presenters: Yamalis Diaz, PhD, and Pooja Vekaria, PhD

Moody or More? A Guide to Adolescent Depression

10/30/14

While adolescence can be a difficult time, most teens can balance the angst and moodiness of typical adolescence with the joy that comes from friends, extracurricular activities, and developing their own identity. Yet some teens are challenged by depression, a serious problem that interferes with their ability to achieve that balance. This workshop will help parents differentiate typical teen moodiness from signs of depression and will provide essential strategies to help teens manage sadness, moodiness, and irritability.

Presenter: Samuel Fasulo, PhD

Medication: Keys to Understanding Its Uses in the Treatment of Anxiety, Mood, and Behavioral Problems

11/6/14

Anxiety, irritability, and aggression can remain problems even after receiving the best behavioral treatment for children with ADHD, autism, or other disorders. This workshop will offer parents plain language about which medicines work well, and tips to minimize side effects and collaborate with a child's doctor to ensure that medicines are used safely and effectively.

Presenter: Melissa Nishawala, MD

Creative Strategies for Managing Behaviors in Children with Autism

11/13/14

Children with special needs can require out-of-the-box behavior management strategies. In this workshop, we'll go beyond counting to three and giving time-outs to think about how to prevent, replace, and manage challenging behavior. We'll also highlight real-life examples of fun, creative techniques that can be used in homes and schools.

Presenter: Sarah Kuriakose, PhD, BCBA-D

Identifying and Successfully Treating ADHD: What You Need to Know

11/20/14

New and conflicting information about ADHD is reported seemingly every week and can overwhelm any family. In this workshop parents will learn how to distinguish fact from fiction, navigate the evaluation process, and select treatments that are based on the latest and best objective research.

Presenters: Lauren Knickerbocker, PhD, and Brittany Roslin, PhD

Getting Through the Day Without Going Gray: Day-to-Night Parenting Strategies

12/4/14

Parenting is more than a full-time job—especially for kids with ADHD. This workshop presents practical advice for getting through the day—from morning routine to bedtime— with less stress and resistance. We will discuss parenting from the preschool years through adolescence. Parents will also learn how to measure the effectiveness of their actions and when to seek additional help.

Presenters: Stephanie Wagner, PhD, and Christina Di Bartolo, LMSW

Grief, Loss, and Moving Forward

12/11/14

The loss of a loved one is one of the most painful experiences to endure. For children, such a loss can seem catastrophic, but most children recover and return to their lives with the same capacity for joy and growth. Yet some children may get stuck in their grief and struggle to resume their regular routines and roles. In this workshop, parents and caregivers will learn what to expect when children lose a loved one and when they may benefit from treatment.

Presenter: Eric Lewandowski, PhD

Too Much of a Good Thing? Technology and Screen Time for Children

12/18/14

Technology is a large part of a child's developing world, and many children gravitate towards screens. This workshop will discuss common concerns parents have about their child's use of technology and make recommendations about how much screen time each day is appropriate, how media can impact social skills development and behavior, and how to use technology for motivating children to meet goals as well as to set limits.

Presenter: Kirsten Cullen Sharma, PsyD

It's All in the Family: Challenges and Strategies for Parenting a Child with ADHD

1/8/15

ADHD is found to run in families, which often means at least one parent has ADHD symptoms. In this workshop, you will learn strategies for helping your child with ADHD if you are dealing with or have dealt with similar challenges.

Presenters: Kaitlin Gallo, PhD, and Briannon O'Connor, PhD

Food Fight! Successful Strategies to End Picky Eating

1/15/15

Extreme picky eating can be detrimental to nutrition and growth. For most children, picky eating is a short phase, however, food aversions can track into adulthood and have larger social as well as health implications. Individuals with ADHD or Autism Spectrum Disorder (ASD) often have sensory issues that make them particularly at risk for this type of disordered eating. Parents will come away from the workshop better able to distinguish normal from extreme pickiness, equipped to broaden their children's range of accepted foods, and empowered to end food-related family battles.

Presenters: Rebecca Shalev, PhD, Andrea Vazzana, PhD, and Melissa Nishawala, MD

How to Talk to Your Kids About Gender and Sexuality

1/22/15

As adults we know that gender and sexuality are far from one size fits all. While exploring gender identity and sexual orientation are a normal part of kids' development, there is no user's manual for talking to your kids about these issues. In this workshop, we will discuss development of gender and sexuality in childhood and adolescence and offer ways to talk to your kids about this critical area of their development.

Presenter: Aron Janssen, MD

The Struggling Learner: Understanding the Signs and How to Help

1/29/15

When a child encounters persistent difficulties in school, they attempt to show us that they are struggling in different ways. Some may become quiet and withdrawn, while others may act out. This workshop will help parents understand the signs of children who are struggling with learning and identify when it may be time to get more information and help.

Presenters: Marsha Vasserman, PsyD, and Daniela Montalto, PhD

Fact and Fiction: Careful Thinking About Alternative Treatments for ADHD

2/5/15

Is there an ADHD diet? Can biofeedback bring relief from ADHD symptoms? With so much information about ADHD, parents, teachers, and caregivers may need help sorting out the promises from the actual results. This workshop will cover commonly offered alternative treatments and weigh the evidence for their effectiveness to

date.

Presenter: Richard Gallagher, PhD

Getting to Dialogue: How to Turn Conflict into Closeness in Relationships

2/12/15

Conflict in relationships is inevitable, but contrary to conventional wisdom, it is also a necessary pathway to greater emotional connection. This workshop will provide methods for transforming destructive arguments into constructive dialogue. The skills and concepts taught will apply to couples, parent-child relationships, or any meaningful relationship.

Presenter: Andrew Roffman, LCSW

When a Baby Is at Risk for Autism: What Parents Need to Know about Infant Social Development

2/19/15

Identifying very young children at risk for ASD is a major focus of our field so that potential treatments can be started early. This workshop will discuss when to be concerned and when not to in babies as young as 6 months. We will discuss the newest diagnostic tools and treatment methods for very young children.

Presenter: Elizabeth Roberts, PsyD

Recognizing Beauty: Promoting Your Child's Healthy Body Image

2/26/15

Stereotypes of attractiveness are everywhere. The discrepancy between what's seen in the media versus the mirror can feel overwhelming for tweens and teens whose bodies are transforming rapidly. We will examine the nature of body image, its impact on self-esteem, and its perilous role in the development and maintenance of eating disorders and other illnesses. You will learn cutting-edge strategies to help children better accept and appreciate their bodies.

Presenter: Andrea Vazzana, PhD

Fostering Resilience in Families in the Face of Childhood Illness

3/5/15

An injured or ill child is among the most stressful of experiences for families. Parents, siblings, and extended family and friends not only face worries about their loved one's health and well-being, but they also must learn to navigate a complex healthcare system, understand diagnoses and treatments, make difficult decisions, adapt and maintain family routines, and find additional sources of support. In this workshop, participants may share their real life experiences and learn from each other and members of a panel from NYU Langone's Sala Institute for Child and Family-Centered Care and the Child Study Center.

Presenters: Ron-Li Liaw, MD, Andrew Roffman, LCSW, Beth Silber, MPA & members of the Sala Institute Family Faculty Program

Identifying and Successfully Treating Anxiety: What You Need to Know

3/12/15

Does your child struggle with anxiety, worries, or fears? In this workshop, you will learn how to distinguish between normal and excessive anxiety, navigate the evaluation process, and select treatments based on the latest research. You will also learn about cognitive behavioral therapy, the leading treatment for child anxiety, and walk away with concrete steps to help your anxious child today.

Presenter: Aleta Angelosante, PhD

Your Brain: Understanding How It Learns

3/19/15 *A special workshop for kids.*

This “hands-on” workshop is geared for children in grades 2-5 who want to learn how their brains work. During this workshop, they will engage in art-based activities that help them understand key concepts related to brain functioning and the core skills needed for reading, writing, and math. Children who attend this workshop will better understand their learning style and develop a new vocabulary they can use to advocate for it.

Presenters: Pooja Vekaria, PhD, Bryn Kahn, PsyD, and Greg Witkin, PhD

Your Child’s Brain: Understanding How It Learns

3/19/15

This workshop focuses on parents of children in grades 2-5. Parents will learn about the latest research on brain functioning in children and key areas responsible for learning. This workshop will include a “walk around the brain” and a basic understanding of how children obtain the foundational skills needed to learn how to read, spell, write, and do math.

Presenters: Daniela Montalto, PhD, and Marsha Vasserman, PsyD

Successfully Navigating the Toddler Years: Tips for Parents

3/26/15

Parents of children ages 1-3 know firsthand the joys and challenges that come with parenting. Toddlers become more independent daily—in their ideas and pursuits—yet their bodies and emotions don’t always keep pace. This workshop will help parents of toddlers understand some of the developmental tasks at this stage, and how to navigate some of the challenges. We will also focus on strategies for maximizing your sense of joy and delight during this unparalleled phase of development.

Presenter: Lauren Knickerbocker, PhD

What Parents Need to Know: Identifying and Successfully Treating Anxiety and Depression in Adolescents with Autism Spectrum Disorder

4/16/15

Many children and adolescents with ASD struggle with anxiety and depression. This workshop discusses ways anxiety and depression are identified and treated in adolescents with ASD, and the role parents/caregivers play in treatment.

Presenter: Karina G. Campos, PsyD

Summer Success for Children with ADHD

4/23/15

Summer fun? Not always. For kids with ADHD, an unstructured summer vacation may be challenging. Although school-related difficulties may be over for a few months, summer is a good time to continue developing and reinforcing structured routines and good habits. This workshop will provide tips to maintain structure and routines during break, such as structuring play dates, vacation, and academic tasks.

Presenter: Yamalis Diaz, PhD

The Overlap between Autism and ADHD: Important Clinical and Research Issues for Families

4/30/15

There is increasing evidence of the co-occurrence of autism and symptoms of inattention, hyperactivity, and impulsivity typically observed in children with ADHD. This overlap may cause significant additional impairment. We will present the challenges related to appropriate recognition of these overlapping conditions and discuss treatment approaches currently available or under development.

Presenters: Adriana Di Martino, MD, and Howard Abikoff, PhD

Welcome to Parenthood

5/7/15 *Babies are welcome.*

As first-time parents begin their new role, they can receive conflicting and confusing information from many well-intended sources. This workshop, led by reproductive and infant mental health specialists, will answer your questions about the early steps in becoming a parent. Parents will discuss the transitions they face, learn about the emotional world of their infant, and explore ways to strengthen the parent-infant bond. Most importantly, parents will receive support and build confidence in their own decision-making. This workshop is appropriate for expectant parents and parents with babies age 0-6 months.

Presenters: Rebecca Weis, MD, Lucy Hutner, MD, and Tresha Gibbs, MD

Transition to Adulthood: Developing and Implementing Goals for Your Child's Future

5/14/15

A well-planned and effective transition is crucial to helping young adults with developmental disabilities lead independent and engaged lives. In this workshop we will discuss that transition process—from identifying and documenting important skills, goals, and challenges to the resources available to support this process.

Presenter: Sarah Kern, LCSW

From Feeding to Eating: How to Develop Healthy Eating Habits from Infancy through the Preschool Years

5/21/15

Establishing healthy eating habits is one of the first tasks of parenthood, and begins before birth with prenatal food choices. Pregnancy and early childhood represent critical periods to introduce new foods, tastes, and healthy nutrition practices. In this workshop, you will learn how to encourage a broad palate, promote a positive

relationship with food, and create a division of responsibility that incorporates nutritional guidelines, routine, selfregulation, and positive parenting practices. Come join us to learn how to make mealtime healthy and enjoyable for both parents and kids!

Presenters: Andrea Vazzana, PhD, Rachelle Theise, PsyD, and Melissa Nishawala, MD

When Siblings Fight: Helping Your Children Get Along

6/4/15

Ever think about how you can help your children get along better with each other and create more peace in the home? This workshop will focus on tips for helping your children to have healthy relationships with each other and emphasize what you can do to foster healthy interactions and reduce conflict.

Presenter: Clark Goldstein, PhD

Fears and Anxieties in Young Children: When Is It Normal and When Should a Parent Worry?

6/11/15

As children learn about the world during their early years, they develop a variety of concerns and worries. Some of these are typical, while others may reflect an overly active, worried mind that may be prone to anxiety disorders. Problems with separation, interacting with people outside of the family, and trying new activities can often develop. This talk will clarify the differences and provide guidelines to parents of children 2-9 years old on how to help children deal with their worries and anxieties.

Presenters: Richard Gallagher, PhD, and Lauren Knickerbocker, PhD