

Willows PAC Meeting Minutes

June 15, 2016

Meeting opened at 7.00pm

Chair: Bronwen Sharpe

Minutes: Brian Wagner, Secretary

Opening Remarks

Opening remarks by Bronwen, introducing the main event of the night, a psychologist named Julie-Anne Roberts.

Presentation by Julie-Anne Richards

Guest speaker for the evening was Julie-Anne Richards, a clinical psychologist speaking about childhood anxiety. Her website is www.julieannerichards.com.

Julie-Anne presented a wonderful overview of anxiety, what it is, its evolutionary development, and suggested strategies on how to help our children who may be experiencing problems in life due to their anxiety. In general, her presentation provided the messaging that “talking therapy” wasn’t effective, but that cognitive behavioural therapy (CBT) and mindfulness strategies are very effective. She also noted that at times the symptoms of anxiety in childhood can be difficult to recognize, and which may be different from that of adults. She also commented that childhood anxiety becomes a problem when it begins to interfere with daily functioning.

Meeting adjourned 8.45pm.