



CANADIAN ACADEMY OF THERAPEUTIC TUTORS (ORTON-GILLINGHAM)

**10<sup>th</sup> Annual Spring Fling**  
**Saturday, April 24, 2010**  
**Unity Church**  
**5840 Oak, Vancouver BC**  
**Rear Entrance**

**Presenting:**

**Dr. Annie Simpson (Child Clinical Psychologist)**

**Dr. Simpson's topic will be:**

**“The Psycho-education of Anxiety Relating to Learning Disabilities; How to Adapt and Incorporate Cognitive Behavioural Principles When Teaching Children”**

Agenda:

8:15 am	Coffee and Registration
9:00 am	Welcome and Dr. Annie Simpson
10:15 am	Coffee Break
10:45 am	Dr. Simpson (Part 2)
12:00 pm	Lunch with Great Desserts
1:00 pm	Closing remarks
1:15 pm	<b>C.A.T.T. (O-G) Annual General Meeting</b>

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**C.A.T.T. – 10<sup>TH</sup> Annual Spring Fling Registration:**

**Name:** \_\_\_\_\_ **Phone#:** \_\_\_\_\_

\_\_\_ CATT (O-G) Member      \$70.00 (includes lunch)      \_\_\_\_\_

\_\_\_ Non-Member      \$95.00 (includes lunch)      \_\_\_\_\_

**Cheque payable to C.A.T.T. Mail to Box 34068 – 17790 #10 Hwy. Surrey, BC. V3S 8C4**  
Registration also available on-line at [www.ogtutors.com](http://www.ogtutors.com)

## OUR SPRING FLING SPEAKER

**Dr. Annie Simpson** received her PhD in School and Child Clinical Psychology from the University of Toronto. Under the supervision of Dr. Katharina Manassis (Sick Kids), she examined a cognitive behavioural prevention program for mood and anxiety disorders in school age children. Dr. Simpson is a registered psychologist who works with children, youth and their parents from birth to age 16. She uses evidenced based therapies, such as cognitive-behavioural therapy (CBT) to address a variety of emotional and behavioural concerns, for example separation anxiety, specific phobias, panic, social anxiety, generalized anxiety, obsessive compulsive Disorder, trichotillomania, noncompliance and tantrums, general parenting challenges, and sleep. She provides both individual and group therapy. She currently works in private practice at the North Shore Stress and Anxiety Clinic. She is also the psychologist on the infant psychiatry team (0 - 6 years of age) at BC Children's Hospital.

**On April 24<sup>th</sup> Dr. Simpson will follow this outline:**

### **Morning Session:**

Psycho-education about Anxiety

- What is Anxiety (components of anxiety)
- Normal Anxiety versus Anxiety disorders
- Risk factors
- Types of Anxiety Disorders
- Course and prognosis
- Common associated features
- Introduction to Evidence Based Treatments

### **After coffee break:**

- Details of Cognitive Behavioural Therapy
- Learning Disabilities and Anxiety
- How to adapt and incorporate Cognitive Behavioural principles when teaching children