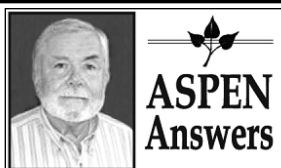


CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	10/29/2012 6:23:26 PM
REP ID:	NT11	LAST RUN:	10/31/12
DESIGNER:	cwnbussj	SIZE:	1X9

**3 Proof Limit**

Tuesday 11/30/12 11:00am



by Joseph Huber, MSW, LCSW

**CHILDREN AND ANXIETY**

Children who experience excessive anxiety respond well to a broad range of interventions. This often is overlooked by doctors and other providers of mental health services.

For example, some children who experience generalized anxiety or obvious effects of trauma are misdiagnosed with ADHD (attention deficit/hyperactivity disorder) and treated with stimulant medication. Children frequently are placed on such medication without adequate consultation with teachers and parents, without taking a developmental history, and with little thought about the feelings of a troubled child going on and off short-acting stimulants day in and day out.

For some kids who report suicidal thoughts, self harm is a remote risk but is one of many intrusive thoughts and fears that they can't seem to shake off. Before doing a thoughtful assessment, some authorities react to such a child's suicidal talk with emergency detention in a hospital. This kind of response can be costly and can undermine a child's sense of control over his own life. Some children who are plagued by morbid fears are in need of help for underlying problems with anxiety, such as obsessive-compulsive disorder.

Children with developmental problems frequently are quite anxious. Those with disruptive behaviors, as well, may relax and become increasingly cooperative once their challenges are thoroughly addressed. This is well known among teachers.

If your child is experiencing problems with anxiety, we may be able to help. You may contact us at contact us at 608-742-5020 and 2639 New Pinery Road, Suite 1 for an appointment. *Offering you and your family compassionate and professional advice.*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)