



## Childhood Anxiety

<b>Facilitator(s):</b>	Tania Johnson
<b>Date:</b>	May 06, 2020
<b>Time:</b>	12:30 pm – 2:30 pm
<b>Cost:</b>	No charge
<b>Location:</b>	Virtual
<b>Type:</b>	Webinar
<b>Session Code:</b>	20-IE-353

### About this Learning Opportunity

This course has a holistic\* and strength-based approach that focuses on what we as caretakers, parents, and professionals can do vs. stigmatizing children who are struggling. Various facets of the child's environment will be explored that can contribute to a child's emotional struggles.

### About the Facilitator(s)

#### Tania Johnson

I am a Registered Psychologist, Registered Play Therapist and one of the Co-founders of the Institute of Child Psychology. I grew up in South Africa and have had the opportunity to travel extensively, including living and working in Asia for several years. I have a deep respect for cultural diversity. In 2006-2007, I was the recipient of an International Internship at "Cancer Treatment Centers of America" where I provided ongoing support for individuals diagnosed with advanced stages of cancer. This experience ingrained within me the vital connection between the mind and the body.

In 2012, I received my Masters of Counselling from City University of Seattle. During my Master's degree, I worked both on the front lines and as a counsellor with foster and adoptive families who faced a range of emotional, behavioural and cognitive challenges.

Since completing my degree, I have worked in a private practice setting with children, teens, adults and families. My work with the Institute of Child Psychology has given me the opportunity to present to parents, professionals and caregivers on topics pertaining to children's mental health. I currently specialize in working specifically with parenting issues.

I work primarily from an attachment based perspective. This means that I work with clients to explore how early relationships impact how we come to understand our self, other people and the world.