

Dr Dawn Huebner : The Nuts and Bolts of Outsmarting Worry



Register here

<https://www.eventfinda.co.nz/2019/dr-huebner-parenting-workshop-on-childrens-anxiety/auckland/remuera>

Cost \$49



Dr. Dawn Huebner is a Clinical Psychologist and Parent Coach specializing in the treatment of anxiety.

Dr Huebner is the author of 9 books for children including the perennial bestseller, *What to Do When You Worry Too Much*, and more recent, *Outsmarting Worry*. Her newest book, *Something Bad Happened*, provides support for children learning about frightening things happening in the world.

Each of us has an internal alarm system perfectly designed to alert us to danger and keep us safe. But the alarm gets triggered by the perception of danger, so sometimes we feel ourselves to be at risk when in fact we are not.

Worry grows out of control when this over-zealous internal alarm, coupled with a handful of misconceptions, leads to behavior that quiets fear in the moment but strengthens it in the long run. Understanding this self-reinforcing system paves the way for effective intervention.

In this workshop for parents and teachers of anxious children, participants will learn to identify where a child is in the worry loop, and the techniques needed to break free.

In all facets of her work, Dr. Huebner's mission is to empower young worriers and their parents, helping them live happier lives.



PARENTING WORKSHOP

Venue : Eilerslie Event Centre, Auckland

Date : 31 October 2019

Time : 6:00 PM - 7:30 PM

Dr Dawn Huebner

Psychologist - Author - Parent Coach

Dr Huebner has been featured on television, radio, and web-based news and information sites, and is frequently interviewed by popular parenting magazines. Her TEDx talk on Rethinking Anxiety has been viewed over half a million times.