

# Cognitive Behavior Therapy for School Refusal

School refusal is a common problem and can be due to a number of factors. In this seminar, Dr. Hannan will identify some of the causes of school refusal and how to assess kids to get a better understanding of the behavior. He will talk about some of the instruments that can be helpful in the assessment process. He will go over how to do a functional assessment of the problem. He will provide you with treatment strategies for assisting kids that includes cognitive therapy, social skills training, exposure therapy, problem solving, and behavior management. He will use a number of case examples to illustrate the assessment and treatment process. He will also highlight the treatment literature on this important topic.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Identify the necessary components to a school refusal assessment.
  2. Identify the four functional profiles of school refusal.
  3. Create an individual functional profile to devise a treatment plan.
  4. Create a behavior plan aimed at increasing school attendance.
  5. Describe the challenges facing both student and school system upon a return to school and create appropriate interventions.

## Seminar Schedule

Begin 10AM EST and end 5:15 PM, with 15 minute breaks at 11:30 and 3:30, and a 45 minute lunch break at 1:15 PM

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## Outline

Begin 10 AM ET  
Definition and characteristics of school refusal  
Assessment  
    Diagnostic Assessment  
Break 11:30 AM ET  
    Measures to assess change  
    Consultation  
    Functional assessment  
Treatment  
    Devising treatment plan  
Lunch Break 1:15-2 PM ET  
    Cognitive therapy  
    Social skills training  
    Exposure  
Break 3:30-3:45 PM ET  
    Behavior management  
    Test Anxiety  
Case examples  
Setting up treatment  
Results  
End 5:15 PM ET

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## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 6 CE's for attending once they have completed these requirements.

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## The Presenter

Dr. Scott Hannan received his Ph.D. from Fordham University in 2002. He completed his internship at The Institute of Living with a focus on child and adolescent psychology. He completed his postdoctoral fellowship at the Anxiety Disorders Center of The Institute of Living. Dr. Hannan treats children, adolescents, and adults. His clinical interests include obsessive-compulsive disorder, phobias, panic disorder, posttraumatic stress disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. Dr. Hannan has developed a specialty in the treatment of school refusal behavior. Currently, Dr. Hannan is a staff psychologist and manager of the outpatient clinic at the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy at the Institute of Living. In addition to his work at the Institute of Living, Dr. Hannan works in private practice seeing individual clients and consulting with local school districts on issues related to anxiety and school refusal. Dr. Hannan has also been a featured expert on the television series Hoarders.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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