

Biography

Dr. Juliana Negreiros is a Plesantside parent and registered psychologist passionate about working with children and youth with anxiety, OCD, and behavioural difficulties. She received her master's and doctoral degrees in School Psychology from UBC. She also completed a 3-year postdoctoral fellowship at the OCD clinic at the BC Children's Hospital, where she ran and published several studies. As a collaborator with Anxiety Canada, Dr. Juliana was a lead developer of two province-wide curriculums for educators to support students manage anxiety in schools. Currently, she runs a group practice in Port Moody and provides psycho-educational and mental health assessment and therapy. This summer, she released a self-help book for teenagers to learn how to deal with uncertainty.

Workshop Title

Practical & evidence-based strategies to help my child cope with anxiety

Description

In this workshop, parents will become familiar with the gold-standard approach to treating anxiety and learn hands-on strategies to support their child manage their worries. Attendees will also better understand how anxiety impacts family functioning and learn tips to reduce anxiety accommodation.