

# Treatment of Pediatric Phobias: A Cognitive Behavioral Approach

Pediatric phobias can have a significant impact on a child's life. Given the wide variety of phobias with which a child may present, there are many areas of life that may be affected including, but not limited to, socialization, school, health, and family. Attendees will learn to conceptualize Specific Phobias utilizing a cognitive behavioral framework. The webinar will address the relation of thoughts and behaviors to the maintenance of pediatric phobias. This training will highlight the role of safety behaviors and family accommodation in the maintenance of pediatric phobias. As Specific Phobias can come in many different forms, this presentation will provide a description of cognitive behavioral therapy (CBT) as can be applied to the pediatric phobias in general. To assist in developing an understanding of the treatment of pediatric phobias, three specific phobias will be discussed in detail: Fear of the dark, fear of vomiting (emetophobia), and fear of needles. Exposure therapy will be explained, incorporating visual examples and demonstrations by the presenter.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Develop an exposure hierarchy for pediatric phobias.
2. Create a CBT based treatment plan for children and adolescents presenting with phobias.
3. Explain the impact of safety behaviors on the maintenance of pediatric phobias.
4. Explain the impact of parental accommodation on maintenance of pediatric phobias.
5. Explain the role of exposure and cognitive restructuring in the treatment of pediatric phobias.

## Seminar Schedule

Typically begins at 4 PM and ends at 7:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 4 PM ET

Specific Phobia: Diagnostic Criteria  
Impact of pediatric phobias  
CBT conceptualization  
Treatment of pediatric phobias (Explained through fear of the dark, emetophobia, needle phobia)  
Psychoeducation  
BREAK 5:30-5:45 PM ET

Building emotional awareness  
Cognitive restructuring  
Building an exposure hierarchy  
Conducting exposures  
Use of coping tools  
Addressing family accommodation  
Formats for carrying out CBT for pediatric phobias  
End 7:15 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 3 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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