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Expert Talks on 'Social Anxiety and Generalized Anxiety Disorder' at Darien Library on Jan 8

Author : David Gurliacci

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Date : January 2, 2020

Youth today worry about academics, sports, college. When is it too much?

The Darien Special Education Parents Advisory Committee and Darien Library invite you to a presentation Jan. 8 on "Social Anxiety & Generalized Anxiety Disorder" by national expert Jerry Bubrick, PhD.

— [an announcement](#) from *Darien SEPAC*

The presentation takes place from 12 noon to 1:30 p.m., Wednesday, Jan. 8, in the Darien Library Community Room.

Dr. Bubrick, a senior clinical psychologist at the Child Mind Institute, has been featured in mainstream media and the highly-acclaimed films *Like* and *Angst*.

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Dr. Bubrick will explain the signs and symptoms of generalized anxiety disorder and social anxiety — from worrying about everyday stressors to being intensely self-conscious and terrified by others' perceptions.

He will describe the importance of understanding and addressing anxiety when it interferes with performance and relationships.

Dr. Bubrick will also explain anxiety as a primary disability or comorbidity to another disability. In addition, Dr. Bubrick will share proven strategies for managing anxiety and how to get the help your child needs.

About Jerry Bubrick

Jerry Bubrick, PhD, is a senior clinical psychologist in the Anxiety Disorders Center and director of the Obsessive-Compulsive Disorder Service at the Child Mind Institute in New York City.

Widely recognized for developing one of the world's most intensive pediatric programs for OCD, he is a pioneer in using cognitive-behavioral therapy (CBT) to treat children and teens with OCD and related anxiety disorders.

Featured in media such as *Newsweek*, *The Washington Post* and *ABC Primetime*, Dr. Bubrick is a sought-after expert and speaker. A dedicated advocate for children and their families, Dr. Bubrick is a significant public voice educating parents and teachers about the fear at the roots of anxiety — and how it's effectively treated.

This event is co-sponsored by Darien SEPAC and Darien Library.