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## **Expert Talks on 'Social Anxiety and Generalized Anxiety Disorder' in Youth at Darien Library on Jan 8**

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**Categories :** [Healthy Living](#), [Parents & Kids](#), [Talks-Panel Discussions-Presentations-Workshops](#), [Teens](#)

**Tagged as :** [Darien SEPAC Events 2019](#), [Generalized Anxiety Disorder](#), [Jerry Bublick](#)

**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 Bublick, 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. Bublick, 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.*