

Identifying and Addressing Anxiety and Trauma Related Disorders in Adolescents

October 15, 2025

9 am - 12:15 pm

Live Webinar

Overview and Objectives

This program is designed to help practitioners become more familiar with identifying the signs and symptoms of anxiety and trauma related disorders in adolescents. Information on the basic epidemiology of anxiety and trauma related disorders will be presented. We will review the basic diagnostic criteria for the most prevalent anxiety and trauma related disorders for both adolescents. We will discuss common comorbidities as well as differential diagnosis of both classes of psychiatric illness. Finally, we will review common evidence-based interventions for adolescents.

The focus of this work will be on identifying and differentiating between the different anxiety and trauma related disorders. While we will review common evidence-based treatments, we will not go in-depth into any one treatment. Content will be delivered using a combination of engaged audience discussion, PowerPoint presentation, short videos, case-studies, and group work.

Upon completion of this program, participants should be better able to:

- Explain the prevalence of anxiety and trauma disorders in adolescents in the United States.
- Distinguish between common anxiety and trauma related disorders.
- List common risk and protective factors for these disorders.
- Identify the symptoms of common anxiety and trauma related disorder in adolescents.
- Discuss differential diagnosis of anxiety and trauma related disorders and name other potential diagnoses with overlapping symptoms.
- Describe common evidence-based treatments for anxiety and trauma related disorders in adolescents.

Who Should Participate

This workshop will be beneficial to behavioral health and human service practitioners, including psychologists, social workers, counselors, marriage and family therapists, substance use and addictions professionals, clinicians and all others interested in this topic.

As part of our commitment to creating a space where all BELONG, Northwest AHEC provides education and encouragement for respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability, and age.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System with support from Old Vineyard Behavioral Health Services.

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Wake Forest University
School of Medicine

NORTHWEST AHEC
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Faculty

Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, co-investigator at the Family Informed Trauma Treatment Center and a consultant with the Center for Adjustment, Resilience & Recovery – all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh and a bachelor's degree in psychology from the University of Tennessee. Her research reflects over two decades of experience conducting community based as well as national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

A community-engaged scholar, Dr. Bledsoe is dedicated to partnering with communities to strengthen the mental health of children, adults, families, and communities. Her research and scholarship have been supported with funding from federal and state agencies, foundations, and private donors. Her research, clinical expertise, and certification as a practitioner, supervisor, and trainer in multiple empirically supported interventions inform her teaching of primarily direct practice courses including Brief Treatment, Interpersonal Psychotherapy, and Motivational Interviewing.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. A Society for Social Work and Research Fellow, her work has been recognized with awards from the Office of the UNC-CH Provost, UNC School of Social Work, UNC Center for Global Initiatives, Council on Social Work Education, Office of Behavioral and Social Science Research, and the American Society of Clinical Psychopharmacology. She has been a Guest Professor at the University of Toronto, University of Maryland at Baltimore, and Renmin University, Beijing, China.

Additionally, she has been consulting editor for Social Work Research and Social Work and on the editorial review board of Research on Social Work Practice, Social Work in Mental Health, and Social Work in Health Care.

This presenter is being supported through a partnership between UNC-CH, School of Social Work and the NCAHEC Program.

Agenda

Friday, October 15, 2025

- 9 am** Epidemiology of Anxiety and Trauma Related Disorders
- 9:45 am** Recognizing and Diagnosing Common Anxiety and Trauma Related Disorders
- 10:30 am** Break
- 10:45 am** Common Evidence-Based Treatments for Anxiety and Trauma Related Disorders
- 12:15 pm** Adjourn

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Credit

- 3.0 Contact Hours from Northwest AHEC
NC Licensed Clinical Social Workers may use contact hours from Northwest AHEC for license renewal.
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 3.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.
- The North Carolina Addictions Specialist Professional Practice Board has approved this workshop for 3.0 General Skills Building hours, Approval #25-474-G.
- This program does not provide specific NBCC Credits. However, per LCMHC licensure guidelines, you may submit up to 15 contact hours of continuing education by attending programs by affiliates of the National Area Health Education Center Organization (NAO). Northwest AHEC is a member of the NAO.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

Cost and Registration

\$35—Registration fee

This program is offered at a reduced registration fee through support from Old Vineyard Behavioral Health Services.

Register and pay online at northwestahec.org/76166. Payment by credit card (MasterCard, Visa, Discover Card and American Express) or Atrium Health Wake Forest Baptist internal transfer accepted online. Personal check, corporate check, money order, accepted by mail.

Payment Policy:

Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If the corporate payment has not been received two weeks post activity, your personal credit card or check will be charged or cashed. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

Refund Policy:

Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and five full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.

By registering for this activity, your name and email address may be shared with Old Vineyard Behavioral Health Services, a partner of this continuing education activity.

For More Information and Assistance

If you have any questions regarding registration or if you have not received confirmation of your registration 24 hours before the program date, please contact Gail Pawlik by email, gpawlik@wakehealth.edu or by phone at 336-713-7761. Any requests for special services or auxiliary aids should be made at least five days prior to the activity.