The School of Psychology invites you to a Special Seminar with

Dr. Jonathan Kushnir

The Child Psychiatry Unit, Edmond and Lily Safra Children’s Hospital, Sheba Medical Center, Tel Hashomer, School of Psychology, the IDC Herzliya

On:

”Fears, anxiety disorders and sleep problems”

Thursday, December 26th 2013, at 10:00
Faculty room

The prevalence of sleep problems among children with anxiety disorders which cause significant functional impairment for both children and their family is very high. The nature of the sleep problems varies as a function of the anxiety disorder. Research show that the coping strategies that parents utilize contribute to the maintenance of both sleep and anxiety disorders. The lecture will discuss the link between sleep and anxiety disorders, its implications and treatment. In addition the lecture will review a study assessing treatment for children with significant nighttime fears, concurrent sleep problems and other research studies in this group.

You are invited!