

North Andover Parent Teacher  
Organizations Speaker Series  
presents

**Worried about Your Worrier?  
Creating Calmer Kids in a Stressed-Out World**

Presented by

**Lynn Lyons, LICSW**  
**March 23, 2010**  
**7:00-9:00 p.m./Auditorium**  
**North Andover High School**

Childhood fears and worries are a normal part of growing and developing, but, sadly, excessive worrying and anxiety in kids (and parents) are on the rise. The good news? Parents and children can learn HOW to manage fears, interrupting and even preventing the “worrying cycle” of thoughts and behaviors.

*This seminar will give you the skills and information to help your child:*

- Accept and manage “normal” worries and transitions
- Calm and control the physical symptoms of anxiety
- Choose exploration of the world over avoidance
- Recognize and change the most common thought patterns of anxious thinkers

Please turn over for more information about the speaker, Lynn Lyons.

For questions or comments contact

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# About Lynn

Lynn Lyons, LICSW, is a licensed clinical social worker and psychotherapist who lives in Concord, New Hampshire and is in private practice there. For 19 years, Lynn has helped individuals, families, and groups overcome their anxiety, manage food and weight challenges, compete effectively, and parent confidently.

She is a “how-to” therapist, and her workshops, seminars, and private sessions teach concrete skills and usable techniques. Lynn’s approach combines her extensive knowledge of clinical hypnosis, with cognitive and strategic therapies to interrupt negative patterns and change lives for the better.

Lynn specializes in the treatment of anxiety disorders in adults and children, including generalized anxiety, phobias, social anxiety, and performance anxiety. She also works extensively with those who struggle with disordered eating, particularly compulsive or emotional eating and binge eating disorder.

She frequently presents to parents, teachers, and other helping professionals. She has developed several programs and workshops which offer solid information and strategies, including:

- "Worried About Your Worrier: Creating Calmer Kids in a Stress-Filled World"
- “Quickly Calmer: Parenting Through the Tough Times”
- “Changing Your Mind: Using Hypnosis to Manage Emotional Eating”
- “Decreasing Anxiety, Creating Resources”
- “The Mindset of Maintenance” — a popular 6 month program that deals with the realities and skills necessary to maintain weight loss.

Lynn received her BA in English from Williams College in 1987, her Masters in Social Work from Boston University in 1990, and has been training extensively with the world’s experts in clinical hypnosis and strategic therapy since 1993. She is a member of the American Society of Clinical Hypnosis (ASCH). She is an ACE certified personal trainer, spinning instructor and a triathlete. She has been married for 19 years and has two sons.

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