

Clinical Psychology Associates of North Central Florida, P.A.

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Clinical Psychology Associates of North Central Florida E-Magazine

January - March 2013 Issue Focus on Anxiety



Clinical Psychology e-Magazine is a free on-line resource for individuals, parents, our [employee assistance program](#) clients and for community healthcare professionals.

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Mission Statement

The mission of Clinical Psychology Magazine (CPeM) is to be a valuable source of information about psychological issues involving children, adolescents. We aim to provide practical articles, news of interest and resources for the community. Click on an article to read the full text. Check out our [articles and archives page](#) for more articles, many of which appeared in Gainesville Family Magazine and North Florida Family Magazine.

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August - October 2013 Featured Articles:

This period's issue focuses on anxiety disorders such as child and adolescent anxiety, school avoidance, panic disorder, generalized anxiety disorder, social anxiety disorder, and sleep disorders.

[Interventions for Anxious Youth in Schools](#)



Most Popular Articles:

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(PowerPoint) by our new Associate, [Colleen Cummings Ph.D.](#) This is an excellent overview of how anxiety disorders in children and adolescents in school are often overlooked compared to disruptive disorders, features associated with anxiety disorders in youth, co-existing conditions, and empirically validated treatment approaches.

Anxiety Disorders: A guide to the Basics Anxiety disorders are amongst the most common mental health disorders treated by psychologists and psychiatrists. Left untreated complications can occur.

What's New in the Classification of Anxiety Disorders? DSM-V has brought changes to the diagnosis of childhood, adolescent and adult anxiety disorders, posttraumatic stress disorder, and others. This is a brief synopsis.

Childhood and Adolescent Generalized Anxiety Disorder. What to Do When Anxiety and Worry Become a Serious Matter for Your Child or Adolescent.

Treatment Approaches to Addressing School Anxiety, Refusal and Avoidance. What to do When Your Child is Afraid or Does Not Want to Go to School. A timely article for dealing with children and teens facing anxiety about their return to school this Fall.

Social Anxiety Disorder: Definitions and Manifestations Social anxiety disorder often

emerges in teen or early adult years and can undermine self esteem and evolve into other disorders.

Overcoming Social Anxiety Disorder Reviews treatment approaches and resources for getting help for social anxiety disorder.

Common Childhood Fears Childhood fears are common at certain ages, and some fears more common than others. Nightmares are also common, but become of greater concern with older children. One of our popular articles.

Insomnia: Guide to the Basics We have worked hard on a series of articles on classification and approaches to treating and overcoming sleep problems.

CPANCF in the News:

From MSN: Women's Issues. *12 Signs You May Need a Health Makeover* (external link) *by Linda Melone for MSN Healthy Living "Is your body trying to tell you something?" "Juggling a career, family and social life leaves little down time for the aches and pains of daily life". This MSN Health Living article features comment from an interview with our executive director, Ernest J. Bordini, Ph.D.*

Past Featured Articles

An Introduction to Common Psychotherapy Approaches: Cognitive Behavioral Therapy and Short-term Psychodynamic Therapy - In this article contrasting psychotherapy approaches some basic processes of change, similarities and

differences are discussed.

Autism Spectrum Disorders: DSM-V Diagnosis - Changes to how autism, Asperger's, Pervasive Developmental Disorder and other Autism related disorders will be classified in DSM-V are discussed. There is also a link in the article to national and Florida resources for Autism Spectrum Disorders.

Cardiovascular Disease, Mood Disturbance, and Cognitive Deficits - London Butterfield, M.A. - This article discussed risks of depression and other mood disturbances in relationship to cardiac disease and cognitive deficits such as problems with memory or executive functions.

Attention-Deficit Hyperactivity Disorder and Co-Existing Conditions. Unless common conditions which may co-exist with ADHD are identified and addressed coexisting problems can undermine your child's success.

Challenges of Getting your ADHD Child Ready to Return to School - a seasonal favorite

The Learning Disorder Called Dyslexia Discusses Reading Disorder characteristics and assessment.

Help with Memory Websites - Brain games, strategies, caregiver guides and more

[Help With Memory Reading](#) -
List of readings for memory strategies, improving memory and coping with memory problems.

[Pediatric Neuropsychology](#)

NEWS:

Introducing our new Associate, [Dr. Colleen Cummings](#), who brings outstanding expertise on treatment of Anxiety Disorders to our practice.

[London Butterfield, M.A.](#), has joined us as an intern from the University of South Florida as she completes the defense of her doctoral dissertation. She has interests in neuropsychological assessment, adult psychotherapy and working with Parkinson's Disease sufferers who exhibit apathy and difficulties with motivation.

Follow Ernest J. Bordini, Ph.D., our Executive Director on Healthtap.com named as Top Clinical Psychologist in U.S

It has been a year since we parted ways with BCBS of FL after a carve-out of mental health benefits to New Directions Mental Health. National and state professional and consumer

Advocacy groups continue to pursue concerns about federal mental health parity laws. For details about the change of follow the blog at FloridaPsychologists.net.

We continue to add some books/readings in Amazon links at the end of some pages, and continue to work to reorganize the articles/archives page to make it easier to find the numerous articles on varying psychological topics.

On the left side of this page we have added links to some of our most popular of articles. Dr. Jamison's article on Effects of Divorce on Children remains one of the most popular articles across many years. She was formerly an associate and now doing well in private practice in the Columbia, SC area.

Plans to convert the NeuropsychologyCentral.com website onto the same system we have this website making it easier to cross-reference articles and edit material have been postponed, pending funding. We also started a new website, Memory-Disorder-Clinic.com focusing on seniors with possible age-related or early dementia memory problems and have added links to readings for caregivers of Alzheimer's disease.


Ideas about future things you would like to see are welcome as are of course financial contributions (not tax-deductible) to the site. Visit the neuropsychologycentral.com website forums for the donation link.

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