



# PARENT MENTAL HEALTH NIGHT

**MARCH 7 6:30-8PM**

**ARCHBISHOP MURPHY HIGH SCHOOL  
OPEN TO THE COMMUNITY**

- Understand the important differences between anxiety and stress.
- Introduces effective tools for managing anxiety and stress.
- Help parents identify signs of anxiety in kids and manage expectations at home.
- Talk about the role of empathy and the avoidance of over-accommodating anxiety in kids will be addressed.



## MEET KEVIN ASHWORTH

KEVIN ASHWORTH IS A CO-FOUNDER, LICENSED THERAPIST AND CLINICAL DIRECTOR OF NW ANXIETY INSTITUTE, A SPECIALTY ANXIETY CLINIC IN PORTLAND, OREGON. FOR THE PAST 15 YEARS, KEVIN HAS WORKED WITH CHILDREN, TEENS, ADULTS, AND FAMILIES WHO LIVE WITH ANXIETY DISORDERS. HE SPECIALIZES IN THE DELIVERY OF COGNITIVE-BEHAVIORAL THERAPY (CBT), AND EXPOSURE THERAPIES.

KEVIN PRESENTS REGULARLY ON TOPICS OF ANXIETY, PARENTING, AND CBT AND IS PASSIONATE ABOUT PROVIDING CLINICAL SUPERVISION TO EMERGING THERAPISTS AND LICENSED CLINICIANS. HE PROVIDES CONTINUING EDUCATION TRAININGS TO THERAPISTS ON A NATIONAL LEVEL AND CO-DIRECTS NW ANXIETY INSTITUTE'S STUDENT TRAINING INSTITUTE, SUPERVISING GRADUATE STUDENT CLINICIANS.

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