FIU’s Child Anxiety and Phobia Program

Dr. Wendy K. Silverman, Director and Professor of Psychology

Anxiety is one of the most prevalent problems of childhood and adolescence. Anxiety can interfere with family relationships, school performance and friendships as well as cause significant personal distress.

Does this sound like your child? Do your child’s fears and anxiety hinder with school performance, disrupt family functioning and relationships, impair peer relationships, or have other negative effects on your child? There is little evidence that these problems are “outgrown.” The types of anxiety problems children may experience include trouble separating from parents, avoidance of social situations, as well as frequent and uncontrollable worrying. If your child’s problems have lasted longer than six months, we are here to help you.

The Child and Anxiety Phobia Program uses state-of-the-art treatments for reducing anxiety problems. As part of the five-year funded study, Dr. Silverman and colleagues are offering scientifically based treatment for children at reduced study rates (sliding fee scale). Enrollment is ongoing and families are financially compensated for participating in the study’s evaluation procedures. All assessment and treatment services are provided on FIU’s Modesto A. Maidique Campus.

Children between the ages of 8 to 14 years old and a parent or guardian are eligible for participation. If you believe your child has been experiencing any of the anxiety problems described above (i.e., trouble separating from parents, avoidance of social situations, frequent and uncontrollable worrying), your child may be eligible for the treatment program, which consists of an hourly meeting once a week.

“In addition to receiving state-of-the-art scientifically based treatments, families’ participation will contribute to advancing our knowledge of better treatments,” says Dr. Kurtines, Center Co-Director. “This is of critical importance in the ever-more stressful and challenging world in which we live.”

For more information, contact the Child Anxiety and Phobia Program at 305-348-1937.