



The Avoidance Trap: Unpacking Internalizing Disorders, School Refusal, and the Path Back to the Classroom

Continuing Education for Mental Health Clinicians

CE hours are only awarded for instructional time, late arrivals or early departures will not be awarded CE hours

Designed for LMFTs, LPCCs, LCSWs, and LEPs of all levels, this course provides a clinical conceptual framework for understanding internalizing disorders—such as GAD, MDD, OCD, and somatization—as they present in K–12 academic settings. Participants will examine the neurobiological mechanisms of avoidance and the "accommodation loop" to understand how well-intentioned adult interventions can inadvertently maintain clinical distress. Attendees will learn to differentiate between externalizing truancy and anxiety-based school refusal and will leave with a collaborative, exposure-based re-entry protocol that bridges clinical treatment, school administrative support, and family system boundaries.

By the end of the workshop, participants will be able to:

- * Identify and define the diagnostic presentation and behavioral markers of the four primary internalizing disorders within a school environment.
- * Differentiate between truancy and anxiety-based school refusal using at least three distinct clinical criteria.
- * Name two ways parental and academic accommodations reinforce negative avoidance loops via negative reinforcement mechanisms.
- * Formulate at least one multi-step, exposure-based school re-entry hierarchy that incorporates collaborative roles for clinicians, educators, and family members.

Upon completion of the course, you will receive a Certificate of Completion through email. If you do not receive your Certificate of Completion within ten business days, please contact CEU@WellnessTogether.org

Instruction Provided by:

Corinne Brodnicki has been a Licensed Marriage and Family Therapist for the past 12 years, working with children, teens, adults and families. She is also an Adjunct Professor of Psychology at Jessup University, and serves as the Clinical Training Coordinator and a Clinical Supervisor at Wellness Together, a school-based mental health organization. Outside of her professional life, she is a wife and a mom to a dynamic 3-year-old daughter and an energetic 5-year-old son. She also loves traveling and can often be found with a cup of coffee in hand.



1.0 Hour Available | No Additional Cost

CE hours are included for registered conference attendees who attend the course. No refunds will be provided. A CE certificate will be awarded at no additional cost to registered attendees present for the entirety of the course after completion of the course quiz, evaluation, and other required parts of the course.

For Accommodations or Grievances, please email CEU@WellnessTogether.org

Course meets the qualifications for 1.0 hour of Continuing Education Credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Wellness Together, Inc., Provider #141369, is approved by the California Association of Marriage and Family Therapists to sponsor Continuing Education for LMFTs, LCSWs, LPCCs, and LEPs. Wellness Together maintains responsibility for this course and its content.

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