



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center



Parental Accommodation and Youth Anxiety

Presented by Alyssa M. Payne, M.S.

Wednesday, May 27, 2026

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/FVYS9DW>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on May 26, 2026

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

Anxiety disorders are among the most common mental health disorders for youth in the United States, impeding functioning in school, socializing with friends, and spending time with family. Parents often respond using parental accommodating behaviors, such as distraction or changing daily routines, to decrease their youth's anxiety. Although well-intentioned, parental accommodating behaviors inadvertently maintain youth anxiety by reinforcing avoidance coping and decreasing self-reliance. This presentation will define parental accommodation, explore its relationship with youth anxiety, and offer alternative parenting strategies. Emphasis will be on utilizing evidence-based interventions and clarifying the therapist's role in empowering parents to transform parental accommodation into parental support.

Learning Objectives:

At the conclusion of the training, participants will be able to:

- 1) Define and identify parental accommodations.
- 2) Explain the impact of parental accommodations on youth anxiety.
- 3) Utilize interventions to foster effective parenting strategies.

Presenter:



Alyssa Payne, MS, earned her Bachelor of Science degree in Psychology and Behavioral Neuroscience and her Bachelor of Arts degree in Spanish from the Harriet L. Wilkes Honors College at Florida Atlantic University (FAU). She currently holds a master's degree and is in route to a PhD in Clinical Psychology from Nova Southeastern University (NSU), where her dissertation research focuses on the role of parental accommodating behaviors in child anxiety. Alyssa specializes in working with children, adolescents, and families in her work as a psychotherapist. She has provided services in collaboration with licensed psychologists and psychiatrists in community-based agencies across Broward and Palm Beach Counties. Alyssa is currently a doctoral intern with the Palm Beach County Youth Services Department, where she serves Palm Beach County families by providing bilingual Spanish-English outpatient family therapy, Parent-Child Interaction Therapy, and psychological testing services. She enjoys collaborating with fellow professionals in pursuit of knowledge, empathy, and empowerment.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2027).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](mailto:Cristal.Montepeque@pbcgov.org) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460