



## New Jersey Center for Tourette Syndrome and Associated Disorders

50 Division Street Suite 205 Somerville NJ 08876 1 877 NJTS INFO [www.njcts.org](http://www.njcts.org)

For Immediate Release

Contact: 908-575-7350

### **NJCTS' first Wednesday Webinar of 2012 to focus on emotion regulation**

*One-hour presentation on Jan. 25 by Julie Lynn Ryan, Ph.D., will concentrate  
on the difficulties facing children and adolescents in this area*

Children and adolescents who have difficulty regulating their emotions often experience ongoing irritability, temper tantrums and depression. These conditions will be addressed in the next New Jersey Center for Tourette Syndrome & Associated Disorders (NJCTS) Wednesday Webinar from **7:30 to 8:30 p.m. Jan. 25.**

Titled **“Emotion Regulation: Strategies for Children and Adolescents Experiencing Irritability and Difficulties Managing Their Emotions,”** this webinar will discuss skills that can help children understand the emotions they experience, reduce their emotional vulnerability and decrease emotional suffering through increasing emotional awareness, building mastery, coping ahead, acting opposite to emotions and accepting emotions.

Presented by Julie Lynn Ryan, Ph.D., an assistant professor of psychology at Fairleigh Dickinson University, this webinar will review emotion regulation strategies for children and adolescents experiencing irritability and difficulties managing their emotions.

Ryan's clinical and research projects have focused on anxiety, depression and disorders of emotion regulation in children and adolescents. She was trained in Dialectical Behavior Therapy by Dr. Alec Miller during her clinical internship at Montefiore Medical Center.

NJCTS presents online seminars for parents, educators and professionals on topics of interest to the Tourette Syndrome community at no-cost to participants. TS is a neurological disorder in which as many as 1 in 100 people show symptoms.

In 2008, NJCTS launched the Wednesday Webinar series, which currently draws an audience from 48 states and 11 countries. Professional development credits will be offered upon verifying attendance of the webinar and completion of the exit survey. They will be distributed, by mail, the week after the webinar. To register visit [www.njcts.org/witsd-seminar-sign-up.php](http://www.njcts.org/witsd-seminar-sign-up.php).

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*New Jersey Center for Tourette Syndrome and Associated Disorders, Inc.  
Collaborative partnerships for the TS community.*