



Supporting the Anxious Child

Dr. Burch will present on anxiety with a focus on coping strategies and information that parents would find helpful in trying to support their children who have anxiety. She will also speak about the impact that the pandemic has had on individuals with anxiety and the population as a whole.

Hanover mental health staff members will be available for a Q&A session after the event

Monday, March 22, 2021

9:30-11am

Remote Meeting Access:

Zoom Webinar link: <https://hanover-ma-gov.zoom.us/j/81589316061>

- **No pre-registration required from users**
- **Event will be recorded for those who cannot attend**



Julia Martin Burch, PhD is a clinical psychologist in private practice, member of the McLean School Consultation Service, and instructor in psychology at Harvard Medical School. She completed her training at Fairleigh Dickinson University and Massachusetts General Hospital/Harvard Medical School. Dr. Martin Burch specializes in evidence-based treatments, including cognitive behavior therapy and exposure and response prevention therapy for youth anxiety, obsessive compulsive, and related disorders.

In her work with the McLean School Consultation Service, Dr. Martin Burch trains school-based mental health staff around Massachusetts in the use of scientifically proven mental health treatments. Dr. Martin Burch is also interested in disseminating effective interventions for child anxiety, including giving workshops to parent groups and community-based clinicians and writing parent-oriented articles for Harvard Health and the American Psychological Association.