



Angst



iNDIEFLIX
EDUCATION

**Glen Rock "Angst" Panel Discussion with Mental Health Experts
Wednesday, March 24, 7pm**

Zoom Webinar Link: <https://bergen.zoom.us/j/96947604063>

The Glen Rock (GR) "Angst" event is part of Stigma-Free Glen Rock, a county-wide movement which aims to reduce the stigma associated with mental illness. This event was made possible by the support of the GR HSAs, the GR Public Schools, the Special Education Parent Advisory Council (SEPA) of GR and a dedicated group of parents. The panelists for our discussion of "Angst" and how to support children and teens with anxiety includes:

Julia Hochstadt (Coleman Mom), LCSW, Psychotherapist has been working with survivors of trauma and crime in hospital-based and private practice settings for over two decades. Julia maintains a psychotherapy practice with offices in Midland Park, NJ and in midtown Manhattan. In addition to her clinical work, Julia facilitates educational courses for medical, legal and other professional and community audiences on a variety of topics. Julia holds a Masters Degree in Social Work from Columbia University, advanced Clinical Certificates from NYU, and certification in Psychodynamic Psychotherapy from the Institute for Contemporary Psychotherapy. Julia can best be reached at julia.hochstadt@gmail.com or via her website www.TherapyWithJulia.com.

Kristen Kurth, LPC is a Psychotherapist and the founder of Family Dynamics NJ, a counseling center in Bergen County that offers individual & family therapy, parent coaching and Executive Function coaching. For over a decade Kristen has helped individuals and families learn to cope with & overcome life's many stressors & challenges. Family Dynamics NJ strives to serve all members of the family, from the youngest to the oldest. Kristen and her team have extensive experience working with anxiety, trauma, ADHD, depression, life transition issues, parent-child conflicts and Perinatal Mood Disorders. Kristen's mission was to eliminate the mental health stigma by creating an awareness, appreciation, and acceptance of mental health self-care. For more information go to www.familydynamicsnj.com or email kkurth@familydynamicsnj.com

Laurette Olson PhD, OTR/L, FAOTA is an occupational therapist and a Professor and Program Director in the School of Arts and Science at Iona College in New Rochelle, NY. She has been a college professor for 25 years. Her areas of teaching and scholarship are group process, occupational therapy in mental health settings and child and adolescent occupational therapy practice. She worked at NY Presbyterian in White Plains which specializes in providing psychiatric interventions for people across the lifespan. Her work there focused on children and teens and their families. She has also worked with youth with a variety of diagnoses including anxiety disorders. She is also a long-time consultant for the Mamaroneck School district.

Teran Chartier (Hamilton Mom), LPC, ACS, CCMHC has been a mental health therapist for more than fifteen years with extensive experience working with at-risk children, adolescents, ADHD, anxiety, adults and crisis situations. She manages a private practice in Rochelle Park, NJ which has four therapists specializing in children, adolescents, adults and couples. Teran started her career at Tri-City Peoples in East Orange, NJ and Family Intervention Services in Paterson, NJ where she worked with at-risk children and families. Teran also worked as a Crisis Counselor in the Emergency Room and a therapist in the Psychiatric Unit at Mountainside Hospital in Montclair, NJ. Teran holds a Masters Degree from William Paterson University. She can be reached at teran@chartiertherapy.com or through her website chartiertherapy.com.