

February 15th, 2021 4-6pm

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FYSPRT | NW ANXIETY INSTITUTE

Back to the Basics: Anxiety in Youth with Behavioral Health Concerns

Kevin Ashworth, LPC



Kevin Ashworth is a licensed therapist, Co-founder, and Clinical Director of NW Anxiety Institute, a specialty anxiety clinic in Portland, Oregon. He is also an adjunct professor in the department of psychological sciences at the University of Portland.

Kevin has worked for the past decade with children, teens, adults and families who live with anxiety disorders and specializes in the delivery of cognitive-behavioral therapy (CBT), and exposure therapies. Kevin presents regularly on topics of anxiety, parenting, and CBT and is passionate about helping individuals overcome their fears and change their relationship with anxiety.

Kevin coaches parents and families on how to manage kids that struggle with anxiety. His parent workshop was featured in the New York Times article, "Why Are More American Teenagers Than Ever Suffering From Severe Anxiety." Kevin has been a guest on various podcasts and is a regular consultant to local news stations on issues related to mental health.

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