

THE ASSESSMENT AND TREATMENT OF ANXIETY DISORDERS AS CRIME PREVENTION

Kirk A B Newring, PhD
Nebraska CIP Children's Summit
September 24, 2025

2

INTRODUCTION & BACKGROUND

- The initials
 - BS, MS, PhD, CTM, MGCP
- The work & the warnings (sex, violence, generalizations; no \$ interests)
- Johnny Cash
 - Walla Walla, McNeil Island, Maple Lane, Green Hill School, and Echo Glen
 - D&E, LCC, NSP, TSCI, NCCW, NCYF, CCC-L, CCC-O, JJC, YAC, DCYC, & YRTC
 - Yankton, Deadwood, Rapid City, Sioux Falls, Brookings, Pierre, Harrison, Pottawattamie, Black Hawk
 - Federal Court, County Court, District Court, Mental Health Board, & Courts Martial
 - Kansas, Iowa, Texas, Washington, Nebraska, South Dakota, New Mexico
- Why are we here?

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

3

OVERVIEW

- Physiology of behavior
- Dopamine
- Watson, Thorndike, & Skinner
- Anxiety
- Trauma
- Assessment & Treatment
- Getting it wrong
- Exploitation
- Bluey

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

4

PHYSIOLOGY OF BEHAVIOR

- Senses
- Pathways
 - Sensory, motor
- Central processing
- Chemistry
- Neurotransmitters
- Dopamine
- Glutamates
 - Decision-making & inhibition of behavior

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

5

PHYSIOLOGY OF BEHAVIOR

- Brain's self-talk is like play-by-play announcer
 - Like Brent Musburger calling a Husker game
- Illusions
- Magic
- Animation
- Hallucinations
- Phantom Limits
- Dr. Newring's telekinesis

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

6

DOPAMINE


- The cause of, and solution to, all of life's problems
- Learning and memory
- Movement and goal-directed behavior (volition)
- Cognitive function
- Task persistence
- Mood regulation
- Above all: pleasure and reward

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

7

DOPAMINE



Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

8

DOPAMINE




Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

9

DOPAMINE



Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

10



DOPAMINE

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

11



DOPAMINE

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

12

WATSON, THORNDIKE, & SKINNER

- Anxiety as instinct
- Anxiety as a behavior
- Behavior is controlled by the variables of which it is a function
- Conditioning

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

13

WATSON, THORNDIKE, & SKINNER

- Actions that lead to favorable outcomes persist
- Actions that lead to unfavorable outcomes desist
- Actions that used to work, but don't now, led to variations
- Works = addition of feels-good stuff
- Works = removal of feels-bad stuff

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

14

ANXIETY

- Brain's job: keep you alive
- Find danger
- Avoid danger
- When brain gets it right, dopamine!
- The avoidance trap
- Bear Patrol
 - [The Simpsons - The Bear Patrol and Lisa's Tiger-Repelling Rock](#)

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

15

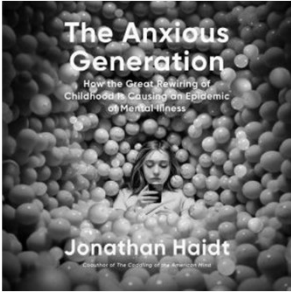
ANXIETY: IRL

- Anxiety Brain:
 - That didn't work, so don't do that anymore
- Get sick after eating food
 - Avoid that food
- Get injured
 - Avoid that area
- Get hurt emotionally
 - Uhm...
- Generalization
 - Avoid those foods and those areas

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

16



ANXIETY

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

17

THE ANXIOUS GENERATION (2024)

- Social media
 - Peer esteem
 - Feedback
 - Negative comparison
 - Negative expectations
- Social deprivation
- Sleep deprivation
- Attention fragmentation
- Addiction

• More harmful to girls than boys

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

18

MAN (DIS)CONNECTED (2015)


AUTHOR OF THE SUCCESS EFFECT

PHILIP ZIMBARDO

A MIND & COURAGE

Man (Dis)connected

How technology has sabotaged what it means to be male



Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

19

MAN (DIS)CONNECTED

- Toxic masculinity
- Excessive on-line gaming
 - Discord
- On-line radicalization
- The Internet is for porn
 - Asocialization
- Over-medicalization
- Arousal addiction

- Avenue Q - "The Internet is for..."
- Want heterosocial interactions
- Lack the skill set

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

20

A QUICK TANGENT ON LANGUAGE

- Persistently on-line youth do not use language like lawyers do
- He basically raped me last night.
- What does that mean to:
 - A 15-year-old gamer?
 - A 14-year-old on TikTok?
 - A prosecutor?

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

21

TRAUMA

- DSM-5-TR says what?
- Exposure to actual or threatened death, serious injury, or sexual violence in one or more of the following ways:
 - Directly experiencing the traumatic event(s)
 - Witnessing, in person, the event(s) as it occurred to others
 - Learning that the traumatic event occurred to a close family member or close friend...
 - Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025



25

WHAT DOES ANXIETY LOOK LIKE

- Inability to experience positive emotions
- Distressing memories/intrusive thoughts
- Physiological distress when cued
 - Palpitations, sweating, trembling
 - SOB, chest pain, choking feelings
 - Nausea, dizziness, hot/cold, derealization
 - Numb/tingling, fear of loss of control

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

26

WHAT DOES ANXIETY LOOK LIKE

- Cognitive distress when cued (catastrophizing)
- Avoidance/escape
- Anticipatory distress
- Restlessness
- Difficulty concentrating
- Irritability
- Sleep disturbance

...socially anxious, seeking social approval/acceptance, & lacking the skills

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

27

IN THE CLASSROOM

- Easily distracted
 - Intrusive thoughts
 - Divided focus
- Restlessness
- Physiological distress
- Difficulty concentrating
- Irritability
- Sleep disturbance
- Poor academic performance

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

28

ASSESSMENT AND TREATMENT

- Clinical interview
- Structured clinical interview
- Self-report assessments
- Dr. Google
- Collateral assessments

- No blood tests

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

29

ASSESSMENT AND TREATMENT

- Generalized Anxiety Disorder
- Adjustment Disorder with Anxiety
- Posttraumatic Stress Disorder
- Specific Learning Disorder
- Attention-Deficit/Hyperactivity Disorder
- Borderline Intellectual Functioning
- Diagnostic Stew

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

30

GETTING IT WRONG


- How do we treat ADHD?
- How do we treat Anxiety Spectrum Disorders
- How do we treat Learning/Intellectual Disorders
- Do we treat girls and boys differently?
- Do we treat cultural trauma?

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

31

YOU GOT YOUR CHOCOLATE IN MY PEANUT BUTTER!

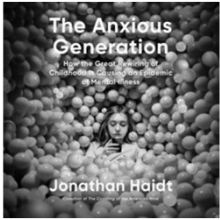


Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

32


WHEN THESE GIRLS MEET THESE BOYS



The Anxious Generation

How the Great Disruption of Childhood is Reshaping the Human Mind

Jonathan Haidt



PHILIP ZIMBARDO

Man (Dis)connected

How technology has sabotaged what it means to be male

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

33

THESE GIRLS AND THESE BOYS

- Social media
 - Peer esteem
 - Feedback
 - Negative comparison
 - Negative expectations
- Social deprivation
- Sleep deprivation
- Attention fragmentation
- Addiction

- Toxic masculinity
- Excessive on-line gaming
 - Discord
- On-line radicalization
- The Internet is for porn
 - Asocialization
- Over-medicalization
- Arousal addiction

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

Newring Anxiety Tx as Crime Prevention

11

[illegible][illegible]

EXPLOITATION

[illegible]

EXPLOITATION

[illegible]

EXPLOITATION

[illegible]

40

EXPLOITATION

ADDITIONAL RESOURCES

If you are worried about someone who might be self-harming or is at risk of suicide the following resources may help:

- Consult your pediatrician or other health care provider who can provide an initial evaluation or a referral to a mental health professional.
- Connecting your child to a mental health resource can help them learn healthy coping skills for intense emotions and help reduce the risk of a serious injury.
- If it is an immediate, life-threatening emergency call 9-1-1.

The National Center for Missing and Exploited Children provides a free service known as Take It Down, which helps minor victims, even if they are now an adult, remove or stop the online sharing of nude, or sexually explicit online content. For more information, visit <https://takeitdown.ncmec.org>.

If you believe you are the victim of a crime using these tactics, retain all information regarding the incident (e.g., usernames, email addresses, website or names of platforms used for communication, photos, videos, etc.) and immediately report it to:

- FBI's Internet Crime Complaint Center at [www.ic3.gov](https://ic3.gov)
- FBI Field Office (www.fbi.com/contact-us/field-office) or 1-800-CALL-FBI (225-5328)
- National Center for Missing and Exploited Children (www.cybertipline.org) or 1-800-THE-LOST

Reporting these crimes can help law enforcement identify malicious actors and prevent further victimization.

¹ Swat also referred to as swatting is the action or practice of making false emergency calls to police or other emergency services in an attempt bring about the dispatch of armed police officers such as a SWAT team to a particular address.²

² Dox also referred to as doxing is the action of obtaining and publishing personally identifiable information (PII) on the internet, usually for malicious intent.³

³ Phishing is writing or cutting specific numbers, letters, symbols, or names onto one's body.⁴

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

41

TREATMENT

- Trauma
 - Sexual trauma
 - On-line trauma
- Anxiety
- ADHD
- Learning Disorder
- Intellectual Disability

- Counseling
- Medication
 - What happens to sex drive and preoccupation during puberty
- BCBA

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

42

I HAVE A DREAM

- Our persistently on-line girls rejoin society
 - Reduced vulnerability
- Our persistently on-line boys rejoin society
 - Reduced victimization
- We get back to being awkward
 - Middle school dances
- We get back to figuring out social skills over time
- We have the social, personal, familiar, and organizational fortitude to keep doing the difficult work

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

Newring Anxiety Tx as Crime Prevention

14

43



BLUEY

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

44

Psychologists Watched 150 Episodes of Bluey. Here's What They Learned.

HUMANS 11 September 2025 By BRADLEY SMITH THE CONVERSATION



(Still from Season 1 of Bluey)

She's six years old, lives in Brisbane and might just be one of the best resilience coaches on television.

We're talking about Bluey, the animated Aussie pup whose adventures have captured the hearts of families around the world.

But as our new study reveals, Bluey isn't just entertaining kids, she's modelling how to deal with life's ups and downs.

Why is resilience so important?

Resilience isn't just about "toughing it out". It's the ability to cope with

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

45

BLUEY

- <https://youtu.be/XpNH2Mdkpok?si=KlIM9W-Zu0uGINJD>
- Not Giving Up Just Yet

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

46

THE WHITNEY HOUSTON QUESTION

- Are children our future?
 - The actual lyrics: Can't count on adults, have to love yourself
- Can a child ever fail?
 - The sexually perseverative 13-year-old on methylphenidate
- Do we have the resources to help this child?
 - Time
 - Money
 - Will
 - Health & behavioral health
 - Open mind
 - Open heart
- This kid just ain't getting it
 - Adult extinction bursts

Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

47

DO THE DIFFICULT WORK

- Assessment takes time
- Treatment takes time
- There may not be a medication for that
 - The medication might make it worse
 - The medication might make more problems
- Pain is a part of life
 - Suffering is an active and ongoing choice
- Resiliency is a skill
- Health children and adolescence are a social good
 - Intervention left of boom

Newring Anxiety Treatment as Crime Prevention 2025


September 24, 2025

48

TED

- Thank you for coming to my TED Talk
- Discussion time

Kirk A B Newring, PhD
Forensic Behavioral Health
1410 E Gold Coast Road, Suite 300
Papillion NE 68046
402-557-6027
Newring@fbhnebraska.com
manager@fbhnebraska.com



Newring Anxiety Treatment as Crime Prevention 2025

September 24, 2025

Newring Anxiety Tx as Crime Prevention

16