

Interagency Council of Norristown

PROFESSIONAL DEVELOPMENT

The topic of the presentation will be **profession-based anxiety, job performance anxiety, and high-stress work environments**. These concerns, sometimes called “career anxiety,” refers to the psychological phenomenon characterized by persistent worry, fear, or stress related to one's professional life and future endeavors. During the presentation, focus will be placed on triggers and warning signs of anxiety, adaptive versus maladaptive coping skills, when to ask for help, and available resources.

WITH :

DR. JESSICA PORT
SPEAKER

Dr. Port is a licensed psychologist and professional counselor with Hugh S. Smith, Ph.D. & Associates, P.C (HSSA). Currently, HSSA is contracted with Montgomery County to conduct psychological evaluations, Competency to Stand Trial evaluations, and related forensic assessments.



February 13, 2025

9:00 - 10:30 am
Virtual Meeting



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