

ANXIETY

CERTIFICATION COURSE

Advances in neuroscience have provided a roadmap for the brain that shows us the key to working with anxious minds. But knowing how to interpret the complex map neuroscience provides has left many clinicians wondering...How do I unlock the complicated inner works of the brain to guide my client sessions?

In this new, comprehensive certification training program, you'll see how neuroscience can inform why, how and what techniques can help your clients stop the symptoms of anxiety – even tough to treat panic attacks, worry, rumination, nausea, and pounding hearts.

Now you can join Janene Donarski, Ph.D., LP, LMSW, CCATP, for a comprehensive step-by-step clinical training on how you can revolutionize your anxiety treatment approach with the power of neuroplasticity.

More than just the neurobiological “whats and whys,” you'll also learn the “hows” of actual treatment – so you'll know exactly how to empower your clients with strategies to resist anxiety-igniting cognitions.

You'll leave this program confident in your ability and be fully prepared to integrate brain-based strategies that motivate lasting change for calming the mind – even in your most anxious, worried, or obsessive clients.

Sign up today!

Become CCATP Certified!

Upon completion of Dr. Donarski's 2-day course you will have met the full education criteria for CCATP (Certified Clinical Anxiety Treatment Professional) certification through The Institute of Certified Anxiety Treatment Professionals (ICATP). See inside for more details or visit www.icatp.com.



BECOME CERTIFIED!

This seminar meets ALL the education hours when applying for certification as a Certified Clinical Anxiety Treatment Professional (CCATP).

Visit icatp.com for the full certification requirements.

Live Event Learning Objectives

1. Ascertain the underlying neurological processes that impact anxious symptoms for clients.
2. Teach clients the neurological processes underlying anxiety in a clearly understandable manner that enhances client motivation.
3. Develop client engagement in treatment using personalized goals and attending to the therapeutic relationship.
4. Incorporate personalized goals to increase client engagement and focus client efforts on making lasting changes in the brain.
5. Evaluate the differences between amygdala-based and cortex-based anxiety symptoms and identify how these symptoms inform treatment interventions.
6. Communicate strategies for calming and training the amygdala to alleviate symptoms of anxiety.
7. Implement methods for teaching clients to retrain the cortex so that anxiety is resisted rather than exacerbated.
8. Select appropriate treatment interventions by determining whether the client is experiencing rebound anxiety or relapse symptoms.
9. Analyze how psychotropic medication impacts neuroplasticity in the brain; identify related treatment implications.
10. Reframe exposure as an opportunity to teach the amygdala new responses to improve client engagement and treatment compliance.
11. Present client education exercises that can be utilized in session to train clients in the use of mindfulness techniques.
12. Provide clinical strategies for managing comorbid depression that reduce worry, rumination, and common cognitive errors while promoting positive thinking and social interaction.

Live Course & Webcast Schedule (Both Days-Times listed in Central)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience:

Psychologists • Social Workers • Counselors
Addiction Counselors • Marriage and Family Therapists
Psychiatric Nurses and Nurse Practitioners
Occupational Therapists • Occupational Therapy Assistants

Questions? Call customer service at 800-844-8260



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Val Whitehead at vwhitehead@pesi.com or call 715-855-8166.

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



Don't Miss!
**LIVE VIDEO
WEBCAST**

MON-TUES
June 17 & 18, 2019

REGISTER ONLINE
pesi.com/webcast/70931

Bring any training
in-house!

Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

ANXIETY

CERTIFICATION COURSE

**BLOOMINGTON, MN
& LIVE VIDEO WEBCAST**

MONDAY & TUESDAY
JUNE 17 & 18, 2019



Register now: pesi.com/express/70891



ANXIETY

CERTIFICATION COURSE

2-DAY LIVE EVENT WITH
JANENE DONARSKI, PH.D., L.P., LMSW, CCATP



**BLOOMINGTON, MN
& LIVE WEBCAST**

MONDAY & TUESDAY
JUNE 17 & 18, 2019



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

Register now: pesi.com/express/70891



Become
CCATP
Certified!

Details Inside

