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 w Certified Clinical Anxiety Treatment Professions

This seminar meets <u>ALL</u> 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.



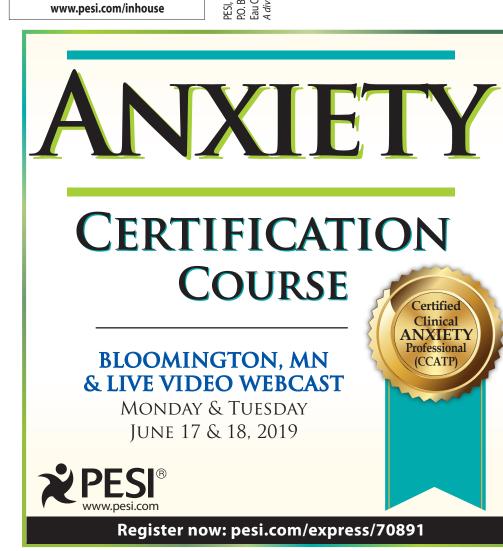


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ANXIETY

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



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Live Event Outline

Using Neuroscience in the Treatment of Anxiety

Positives:

Causes and treatments known

Can explain the neurological symptoms

Science provides evidence, authority De-stigmatizes disorders

Clinician concerns:

You don't have to be a neuroscientist Oversimplification is inevitable

Finding the right level of explanation is essential

Enhancing Engagement in Treatment

Don't neglect the therapeutic relationship Focus on personalized goals Address the challenges of anxious clients Remember that strategies are effortful Guide the process using client's goals Maintain motivation

Neuroplasticity

Defined in everyday language

Neurologically informed therapy goal "Change the brain" in desired ways

Make the brain more resistant to anxiety

Create a new self

Re-consolidation: The modification of emotional memories

Neuropsychologically Informed CBT

Strategies can be used to effectively "rewire" the

Long history of evidence supporting efficacy

Skills-based approach

Strong focus on the present

Psychoeducation is essential

Identify the Two Neural Pathways to Anxiety

Amygdala – bottom-up triggering of emotion, physicality of anxiety

Cortex – top-down emotion generation based in

How to explain the pathways to clients How anxiety is initiated in each pathway The pathways influence on each other

Client Friendly Explanations

Use illustrations to create concrete understanding Fight/flight/freeze responses The "language of the amygdala"

Anxiety and the cortex

Help clients recognize the two pathways

Neuroplasticity in the Amygdala Essential for all Anxiety Disorders, PTSD, OCD, Depression

Sleep and the amygdala The influence of exercise

Breathing techniques to reduce activation Relaxation, meditation, and yoga to modify

Exposure as opportunities for the amygdala to learn Combatting avoidance

Indications that the amygdala can learn new

Push through anxiety to change the amygdala

Neuroplasticity in the Cortex Essential for GAD, SAD, OCD, PTSD, Depression

"Survival of the busiest" principle Strengthen or weaken specific circuitry The healthy (adaptive) use of worry in the cortex "You can't erase: You must replace"

Recognize and modify the impact of uncertainty Training correct uses of distraction

Left hemisphere techniques

Cognitive defusion

Coping thoughts

Fighting anticipation Right hemisphere techniques

Imagery

Mindfulness and anxiety resistances

Neuroplasticity and Medications for Anxiety Disorders, OCD, PTSD, Depression

Medication's effects in the rewiring process The myth of the chemical imbalance The danger of sedating the brain with benzodiazepines

Promote neuroplasticity with SSRIs, SNRIs The effectiveness of CBT and meds

Moving Beyond Diagnostic Categories to Focus on Anxiety Pathways

Address anxiety as a component of many diagnoses Depression, substance abuse, etc.

Amygdala and cortex-based techniques that can help in other disorders

Target brain-based symptoms rather than disorders Worry, obsessions, rumination respond to similar cortex-based techniques

Panic, phobic responses, compulsions respond to amygdala-based techniques

Research, Risks and Limitations

Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Event Speaker

Janene M. Donarski, PhD, LP, LMSW, CCATP, is a fully licensed clinical psychologist and licensed master social worker who works in counseling therapy as well as psychological testing for mental health issues. Dr. Donarski specializes in neuropsychological assessment of children, adolescents, adults and geriatric populations including head injury, organic issues, emotional and complex behavior disorders. Dr. Donarski works extensively with anxiety issues including panic, hypervigilance and PTSD. She trains others in techniques of relaxation, reduction of fear, and exposure therapies to reduce triggers and symptoms in daily life. She assists in testing within the academic areas including ADHD, learning disabilities and autism for IEPs and/or 504 plans/behavior plans. Dr. Donarski works with all populations in counseling/therapy, including individual, marital/ couple, family, LGBTQ, and group counseling. She is a certified EMDR Level II counselor, as well as a certified hypnotherapist and practitioner for Neuro-Linguistic Programming and Time Line Therapy[®]. Dr. Donarski is also experienced in working with victims of violence, foster care/adoption issues, sexual issues, as well as those who are seeking sex offender treatment. She often works with attorneys as a forensic psychologist/expert witness for legal cases involving custody, guardianship, social security benefits, and criminal cases. Dr. Donarski has spoken on a variety of mental health issues, including somatic ailments, behavioral disorders and mental health concerns in the geriatric population.

Speaker Disclosures:

Financial: Janene Donarski has an employment relationship with Family Therapy & Development Centers, Inc. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janene Donarski is a member of the American Psychological Association; Michigan Psychological Association; and National Association of Social Workers.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on June 17 & 18, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times, NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/70931

BECOME CERTIFIED!

2 Easy Steps to Certification

- 1. Attend this 2-day Anxiety Treatment live event with Janene Donarski, Ph. D., L.P., LMSW, CCATP
- 2. Apply for CCATP certification with The Institute of Certified Anxiety Treatment Professionals (www.icatp.com). Use Promo code "JUNEICATP" for \$25 off the application fee (expires September 1, 2019).



Live Seminar Continuing Education Information

been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please ontact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modali that are beyond the authorized practice of mental health professionals. As a licensed that are defined in law as beyond the boundaries of practice in accordance with and i liance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continui nursing education by the American Nurses Credentialing

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This activity consists of 12.5 clock

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hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, M Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsii Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

MINNESOTA PSYCHOLOGISTS: Please contact our customer service department at 800-844-8260 or info@pesi.com for the most current

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer **®ACE** social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program, Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit PESI Inc maintains responsibility for the course ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers mpleting this course receive 12.5 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion and contact your own board or organization for specific requirements.

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2 Day: Anxiety Certification Course

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date. WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00

Central Time for space availability if registering within one week of seminar.

- FREE MILITARY TUITION: PESI Inc. is proud to offer this seminar (at these ocations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advanced online registration required.
- \$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260. Groups of 5 or more: Call 800-844-8260 for discounts.
- Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

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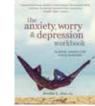


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By Jennifer L Abel, Ph.D.

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