

Outline

Anxiety and Panic: Assessment and Diagnostic Considerations

DSM-5® classification of anxiety disorders
Differential diagnosis and isomorphic conditions
Assessment tips for ambiguous presentations
Dangers of misdiagnosis

Neuroscience of Anxiety and Panic

Nexus between trauma and onset of anxiety disorders
Heritability and brain function
The role of neuroplasticity in treatment and healing
Pharmacological considerations

Clinical Tools: Evidence-Based Interventions to Calm the Anxious Mind

7 first-session techniques for immediate symptom reduction
How to incorporate the expressive arts and MBSR interventions into your treatment plan
The 5 essential steps for healing
Neuroaesthetics: Look for objective facts in subjective places
How to utilize low skill/high sensitivity exercises to access information

Cognitive-Behavioral Therapy (CBT)

Improve client self-talk and problem solving, decrease rumination
Limitations of using CBT alone for anxiety disorders
How to incorporate expressive therapies along with CBT and other modalities

Bibliotherapy

How to use “reading therapy” with anxious clients
What the research tells us about the benefits of bibliotherapy
Recommendations and guidance for getting started

Art, Writing, Drawing

Creative tools for helping clients move through emotions
How to “decode” symbols, stories and metaphor
Neuroaesthetics: Looking for objective facts in subjective places

Movement-Based Interventions

Activate clients’ inner healing processes
Neurophysiology of movement
Increase energy and awareness

Mindfulness-Based Stress Reduction

3 MBSR techniques to use right away
Mindful labeling and observation
Reduce tension, stress and acute reactive response to anxiety

Clinical Considerations

Who is a good candidate for expressive therapies?
Engaging the skeptical client
Tips for the clinician who “isn’t creative”
Multicultural factors
Limitations of the research and potential risks

Live Seminar Schedule

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.



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. *Limited seats available; advance online registration required.*

Objectives

1. Explore the inverse relationship between anxiety and problem solving; utilize cognitive and expressive therapy tools to integrate problem solving skills into the client’s treatment plan.
2. Implement treatment strategies to help clients self-intervene in fight, flight, or freeze states and dissociative symptoms.
3. Utilize clinical strategies derived from expressive therapies to reduce anxious symptoms and increase energy and awareness in clients.
4. Apply mindfulness skills, including mindful labeling and observation, to treat symptoms of anxiety and panic disorder.
5. Evaluate the clinical presentation of anxiety and panic to improve client assessment and treatment planning.
6. Develop clinical skills to address treatment-resistant issues, including perfectionism, subjugation and procrastination.

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

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John Ludgate, PhD

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Anxiety and Panic Disorder

Expressive and Mindfulness-Based Interventions

Palo Alto, CA
Wednesday, July 10, 2019

Oakland, CA
Thursday, July 11, 2019

Sacramento, CA
Friday, July 12, 2019

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Anxiety and Panic Disorder


Expressive and Mindfulness-Based Interventions

- 7 first-session techniques for immediate symptom reduction
- Break through perfectionism, rigidity and rumination
- Stop the “anxiety spiral” in its tracks
- Reduce tension, stress and acute reactive response to anxiety
- Disarm skeptical or resistant clients...

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Anxiety and Panic Disorders

Expressive and Mindfulness-Based Interventions

Are you looking for new ways to help your clients combat anxiety? Do you have clients who are having difficulty identifying their triggers, or struggling to verbalize their feelings? In this program Dianne Taylor Dougherty, MS, CAGS, LPCS, will fill up your therapeutic toolbox with creative, evidence-based expressive therapy interventions that will help you disarm skeptical and resistant clients. You don't have to be a skilled artist, writer or musician to incorporate these strategies. Dianne will provide you with tips and tools you can use the very next day!

Don't miss this opportunity to learn how to assess anxious habits, symptoms, and behaviors and **stop the "anxiety spiral" in the first session!** Discover how combining new, Expressive Therapy Techniques with CBT and MBSR can help treat even the most resistant anxiety symptoms. Experience how these evidence-based treatment strategies can improve problem solving, reduce stress and increase awareness and energy. You'll see how the powerful interventions taught in this program will transform the lives of your clients and improve the care you provide!

Speaker

Dianne Taylor Dougherty, MS, CAGS, LPCS, has over 20 years in private psychotherapy practice with a concentration in anxiety and depression. She is the author of two works on the subject: *AT EASE: Treating Anxiety Disorders and Priming the Pump: Expressive Writing for Anxiety and Depression*. Dianne embraces an asset-based philosophy to treatment which incorporates CBT, rational emotive, mindfulness, and expressive arts therapies to promote individual healing. Dianne is also a certified practitioner of Mindfulness-Based Stress Reduction, having received training from Duke Integrative Medicine in this modality.

In addition to her anxiety work, Dianne teaches nationally and internationally on the topics of Expressive Arts in Therapy, Clergy Sexual Abuse, Trauma Recovery, and more. She is the author of *Treating Divorce as Trauma*® (2001); *Multidisciplinary Treatment for Clergy Sexual Abuse*® (2005); *The Creative Personal: A Guide for Mental Health Counselors to Incorporate the Expressive Arts in Therapy*® (2009); *Priming the Pump: Expressive Writing for Health and Well-being*® (2013).

Speaker Disclosure:

Financial: Dianne Taylor Dougherty is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Dianne Taylor Dougherty is a member of the American Mental Health Counselors Association; and North Carolina Counseling Association.

Questions? Call customer service at 800-844-8260

Target Audience:

Social Workers • Psychologists • Counselors • Teachers • School Administrators • Occupational Therapists
Marriage and Family Therapists • Case Managers • Addiction Counselors • Therapists
Speech-Language Pathologists • Other Mental Health Professionals

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By Susan I Buchalter, Art-BC, CGP, LPC

These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.

Healing Anxiety, Depression and Unworthiness
78 Brain-Changing Mindfulness & Yoga Practices

By Mary Nurriestearns, MSW, LCSW, RYT

Transform your feelings of anxiety, depression and unworthiness into loving self-acceptance. Mindfulness and yoga authority Mary Nurriestearns has created a compassionate and practical workbook that provides a caring healing journey. 78 brain-changing practices help you focus on life-enhancing thoughts and actions, which leads to self-understanding, and living with meaning and peace.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has 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" 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 contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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

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CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SPEECH-LANGUAGE PATHOLOGISTS ONLY: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

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- **\$30 Tuition:** if you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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