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

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.

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

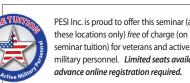
Clinical Considerations

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 & Webcast Schedule (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.



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Anxiety and Panic Disorder

Expressive and Mindfulness-Based Interventions

Brooklyn Center, MN Monday, August 19, 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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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

Taraet Audience:

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Unworth

250 Brief, Creative & Practical Art Therapy Techniques A Guide for Clinicians and Clients

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

n ind liness	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 Webcast Details and Live Webcast Continuing Education Credit Information

Join us on August 19, 2019, for this live, interactive webcast!

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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 and commune "manager of the rest. This and the common structure of the rest of the source of the source of the source of the rest. The rest of the res 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 cepesigpesi.com o 800-844-2600 before the event.

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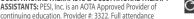
MINNESOTA SUPERINTENDENTS, PRINCIPALS, SUPERVISORS, DIRECTORS OF SPECIAL EDUCATION, DIRECTORS OF COMMUNITY EDUCATION, AND CAREER & TECHNICAL/ VOCATIONAL ADMINISTRATORS AND SUPERVISORS: A Request for the Approval of a Continuing Education Program has been submitted to the Minnesota Board of Schoo

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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 6.0 continuing education hours

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