

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 & 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.



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.

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Anxiety and
Panic Disorder

Expressive and Mindfulness-
Based Interventions

Brooklyn Center, MN
Monday, August 19, 2019

Live Video Webcast
Monday, August 19, 2019

Bloomington, MN
Tuesday, August 20, 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...

Brooklyn Center, MN
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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

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 \$30 cancel fee. Substitutions are permitted at any time.


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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
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!

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 \$49.99 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/72557

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.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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 6.25 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 6.25 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.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

WISCONSIN EDUCATORS: This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP's. This course is 6.25 clock hours.

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 School Administrators.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 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.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.


PSYCHOLOGISTS: This activity consists of 6.0 clock 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, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. 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 attendance.

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 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. 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.

MINNESOTA PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72323.

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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.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer 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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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.

OTHER PROFESSIONS: This activity qualifies for 380 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.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

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For more information on this fee contact cepesi@pesi.com

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