

## Outline

### Anxiety Spirals, Panic and Early Cue Detection

Examples of Worry Spirals and Panic Spirals  
The Empirical Evidence  
3 Benefits of Catching Anxiety Early  
Reminders for Catching Anxiety Early

### Mindfulness

Move Toward Relaxation vs. Away From Anxiety  
Process vs. Command  
Present Focus – Mindfulness as a Relaxation Tool  
Acceptance  
Observation of Thoughts and Emotion  
Labeling of Thoughts and Emotions  
Observation and Labeling Game

### Self-Controlled Desensitization (SCD)

Rationale for SCD  
Formal SCD  
In-Session SCD  
Active Relaxation

### Cognitive Therapy

An Alternative Way to do Cognitive Therapy – B3s  
Find Alternative Thoughts  
The Role of “Shoulds” and “Need To’s”  
Change to “Want To’s”  
The Humor of Worry  
Deal with Superstitious Worry  
Limitations of research and CBT Interventions

#### Target Audience:

Counselors • Social Workers • Psychologists  
Case Managers • Addiction Counselors  
Therapists • Marriage & Family Therapists  
Nurses • Occupational Therapists  
Occupational Therapy Assistants  
Speech-Language Pathologists  
Other Mental Health Professionals

### Problem Solving

Worry Prevents Problem Solving—Evidence  
4 Ways to Do Problem Solving

### OCD-Like Symptoms in Panic and Worry

Dangers of a Poor Assessment  
Stop Encouraging Avoidance and Escape  
Assess for Negative Reinforcement  
Remove Crutches  
Traditional Exposure  
Interceptive Exposure for Panic  
Finding and Flooding “The Real Worry”  
Risks Associated with Treatment of Panic  
Related Research Limitations

### Reduce Tension and Increase Energy

Progressive-Muscle Relaxation (PMR)  
Quick Alternatives to PMR  
Energy Conservation

### Problems That are Often Treatment Resistant and How to Approach Them

Hypochondriasis and Fear of Untimely Death  
Perfectionism  
Subjugation  
Catastrophizing/Intolerance of Uncertainty  
Procrastination

#### Live Seminar Schedule:

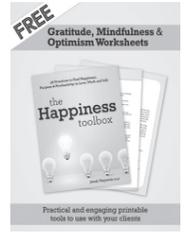
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

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.

## Objectives

1. Articulate components of the “anxiety spiral” and utilize several evidence-based strategies (including self-controlled desensitization) to prevent exacerbation of symptoms.
2. Specify five potential anxiety treatment pitfalls and learn evidence-based approaches to avoid or correct them.
3. Implement four mindfulness strategies for treating anxiety symptoms in a clinical setting.
4. Evaluate the inverse relationship between worry and problem solving, and identify its implications for treatment of anxiety.
5. Examine the clinical presentation of panic, worry and fear of guilt and how they compare to Obsessive-Compulsive Disorder; learn clinical strategies to stop these cycles of negative reinforcement.
6. Develop clinical skills to address treatment-resistant issues, including perfectionism, subjugation, procrastination, hypochondriasis, and catastrophizing/intolerance of uncertainty.

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# ANXIETY, WORRY & PANIC

## Effective Strategies to Calm the Anxious Mind

**TUCSON, AZ**  
Monday  
September 23, 2019

**PHOENIX, AZ**  
Tuesday  
September 24, 2019

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# ANXIETY, WORRY & PANIC

## Effective Strategies to Calm the Anxious Mind

**Over 80 techniques to treat anxiety, worry and panic!**

International Speaker & Author  
**Jennifer L. Abel, Ph.D.**

Innovative strategies using Mindfulness, CBT and more  
Stop the “anxiety spiral” early  
Treatment pitfalls and approaches to correct them  
Recognize and stop negative reinforcement of panic, worry and fear of guilt

**TUCSON, AZ**  
Monday  
September 23, 2019

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Tuesday  
September 24, 2019

*“This was the most informative and skill-building workshop I have attended in the past 10 years – thank you!”*

*Jacquelyn, LCSW*

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Details Inside

Questions? Visit [pesi.com/faq](http://pesi.com/faq) or e-mail us at [info@pesi.com](mailto:info@pesi.com)

Do you want to gain powerful techniques for your clients who struggle with treatment resistant anxiety, worry and panic? Learn how to assess anxious habits, symptoms and behaviors using effective cutting-edge, evidence-based strategies...even with your toughest clients!

Dr. Jennifer Abel will teach you how to stop the anxiety spiral early to significantly reduce the habit of worry and panic using self-controlled desensitization. Experience how evidence-based treatments can help your clients problem solve, reduce tension, and increase energy. Learn unique, effective approaches to mindfulness, cognitive therapy, and exposure, including thought-labeling, interoceptive exposure, and better-but-believable thoughts.

Case studies, role plays, demonstrations and interactive discussions will be utilized in this cutting-edge seminar.

# ANXIETY, WORRY & PANIC

Effective Strategies to Calm the Anxious Mind

*"Really fantastic! Extremely knowledgeable & shared an abundance of tools!"*

- Courtney, Psychotherapist, WI

## Speaker

**Jennifer L. Abel, Ph.D.**, international speaker, author and clinical psychologist, has specialized in the treatment of anxiety disorders for over 20 years. Before opening a private practice, she served as the associate director of the Stress and Anxiety Disorders Institute at Penn State under the direction of the leading expert in Generalized Anxiety Disorder (GAD), T.D. Borkovec.

Her first book *Active Relaxation* has received outstanding reviews from mental health care professionals and anxious readers alike. Her second book, *Treatment Resistant Anxiety, Worry, and Panic*, has received praise from top experts in anxiety management.

Dr. Abel has published many articles in professional journals and wrote a pamphlet about GAD for ABCT. She has been quoted by several popular magazines (e.g., Health, Prevention, Glamour) for her expertise in Worry. Dr. Abel presents to the public (e.g., Working Women's Survival Show), as well as professionals (e.g. Australian Psychological Society; Anxiety Disorders Association of America).

### Speaker Disclosures:

**Financial:** Jennifer Abel is in private practice. She receives compensation as a self-published author. Jennifer Abel receives a speaking honorarium from PESI, Inc.

**Non-financial:** Jennifer Abel has no relevant non-financial relationship to disclose.



**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.

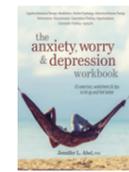
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PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### The Anxiety, Worry & Depression Workbook

65 Exercises, Worksheets & Tips to Improve Mood and Feel Better

By Jennifer L. Abel, Ph.D. **Your Speaker**

Jennifer Abel, PhD, has compiled an interactive workbook that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of practical, proven worksheets, self-monitoring forms, exercises and scripts for you to start changing your habits, and start changing your life.

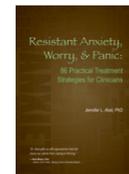


### Melt Worry and Relax Card Deck

56 CBT & Mindfulness Strategies to Release Anxiety

By Jennifer L. Abel, Ph.D. **Your Speaker**

Do you worry too much? Feel anxious, stressed, or tired? This deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.



### Resistant Anxiety, Worry, & Panic:

86 Practical Treatment Strategies for Clinicians

By Jennifer L. Abel, Ph.D. **Your Speaker**

Filled with pragmatic approaches and coping strategies, this is a "must-have" book for clinicians treating anxiety, worry and panic. Dr. Abel specializes in the treatment of anxiety and provides proven therapeutic techniques to help your clients work through the spiral of anxiety and successfully face their fears.



## BECOME CERTIFIED!

This course counts toward the educational hours required for certification or Recertification as a Certified Clinical Anxiety Treatment Professional (CCATP).

Visit [icatp.com](http://icatp.com) for the full certification requirements.

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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](mailto: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 profession's standards.

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**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.

**NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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### EFFECTIVE STRATEGIES TO CALM THE ANXIOUS MIND

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- \$19.99\* Resistant Anxiety, Worry, & Panic** book (PUB082215)

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### ADA NEEDS

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