

Outline

TREATMENT STRATEGIES

Prepare Clients for Treatment

- Disarm the fear of treatment
- Discover the Anxiety Trick
- Experiment with exposure and acceptance
- Empathy requires a phobic viewpoint

Schools of Treatment

- CBT methods to review outcomes and plan experiments
- ACT methods to promote acceptance of discomfort and action
- Metacognitive Therapy methods to disengage from arguing with anxious thoughts
- Paradoxical methods to encourage exposure

Use Your Body

- Belly breathing the right way
- Don't take it lying down
- What's your job when you're anxious?
- Replace destructive protection with valued actions
- The rule of opposites

Interacting with Your Mind

- The problem with correcting thoughts
- Uncle Argument at the banquet
- Disengage from "what if?"
- Change your relationship with worry

Train Your Brain

- Work with your amygdala
- The real purpose of exposure
- Undoing safety behaviors
- Being AWARE

Objectives

1. Communicate how anxiety can impede clients' ability to engage in treatment and utilize clinical strategies to alleviate this issue.
2. Analyze the efficacy of various anxiety treatment approaches, including CBT, ACT, Metacognitive Therapy and paradoxical methods.
3. Implement clinical techniques to address clients' thoughts, feelings and behavior that underlie anxiety, including shame, blame and excessive self-protection.
4. Teach a simple breathing technique that both decreases acute anxiety symptoms and serves as a metaphor for management of future anxiety.
5. Apply simple yet effective clinical interventions in session to help clients acquire a new perspective of chronic anxiety and a more adaptive approach to managing symptoms.
6. Utilize specific behavioral interventions to decrease symptoms of panic disorder, social anxiety disorder, generalized anxiety disorder, and specific phobias.

Questions? Call customer service at 800-844-8260

Target Audience: Social Workers • Psychologists • Counselors • Marriage and Family Therapists
Case Managers • Addiction Counselors • Therapists • Nurses • Other Mental Health Professionals

TREATING ANXIETY DISORDERS

Panic Disorder

- What maintains it? How to end it.
- Hope and help for demoralized clients
- Get unstuck from the "Why?" questions
- 3 powerful questions

Social Anxiety Disorder

- The self-centered phobia
- Whose thoughts bother you?
- Secrecy is a safety behavior
- Would you like to try an experiment?
- Compassion for self

Generalized Anxiety Disorder

- The two types of worry
- The Mad Libs of anxiety
- Paradoxical thought experiments
- Don't even think of thought stopping
- Worry appointments and exposure methods for worry

Specific Phobias

In vivo exposure for:

- Fear of flying
- Fear of public speaking

Research Limitations and Risks of Psychotherapeutic Approaches

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.

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CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

SCHAUMBURG, IL
Monday
September 16, 2019

OAK PARK, IL
Tuesday
September 17, 2019

TINLEY PARK, IL
Wednesday
September 18, 2019

CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

- Create effective strategies using ACT, CBT, Metacognitive and Paradoxical therapies
- Help clients quiet their mind and relieve chronic worry
- Effectively treat panic disorder
- Eliminate the barriers of social anxiety
- Overcome fears of flying and public speaking

SCHAUMBURG, IL
Monday, September 16, 2019

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TINLEY PARK, IL
Wednesday, September 18, 2019



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CHRONIC ANXIETY

Chronic anxiety disorders all involve a “threat” that doesn’t occur. Panic attacks don’t kill, obsessive doubts about the stove don’t cause fires, social anxiety doesn’t lead to disgrace and isolation, worry doesn’t lead to insanity. The feared outcomes recede into the future the way an optical illusion recedes into the horizon.

Why are anxiety disorders so powerfully chronic? It’s because chronically anxious clients get tricked by their own efforts to avoid, distract from, and protect against the perceived dangers. When the dangers don’t come to pass, they believe they had a narrow escape from a terrible calamity, and feel more vulnerable going forward rather than less. They become increasingly afraid of more and more improbable events. What we call the “anxiety disorders” could be more accurately termed “the disorders of excessive self-protection”, because that’s how they function!

How can you help them recover? By teaching them how to disengage from the self-protective behaviors that trick them. Attend this workshop and learn how to help your anxious clients find the evidence of this in their own lives, so you can help them approach and accept, rather than avoid and resist, the experience of anxiety.

This workshop will teach you to empower your anxious clients to see themselves as good, capable people who have been fooled by anxiety, rather than defective people who need protection. Discover how to motivate your clients to seek out, rather than avoid, the corrective experiences they need for recovery. Take home effective strategies from Acceptance and Commitment Therapy, Paradoxical Therapy, Metacognitive Therapy, and traditional CBT to help your clients rediscover the hopes and dreams they had for life before they were derailed by their struggle against anxiety. You, and your clients, will be glad you did!

Speaker

Daniel van Ingen, Psy.D., is passionate about the treatment of anxiety and believes that his strategy of anxiety tolerance training requires non-medication treatment strategies. He has developed easy-to-understand explanations and techniques that quickly fuel the road to recovery.

A licensed clinical psychologist in Florida, Dr van Ingen maintains a private practice that specializes in anxiety treatment called Anxiety Shrinks! Prior to private practice, he worked at a VA hospital, colleges, a drug treatment program, and outpatient clinics.

Dr. van Ingen, trained as a scholar-practitioner, has many empirical studies published on cognitive behavioral therapy for anxiety disorders, parenting research, and disabilities. He has presented at national and international conferences for over 15 years and has trained providers in 30 states over 5 years. His book, *Anxiety Disorders Made Simple: Treatment Approaches to Overcoming Fear and Building Resiliency*, has received outstanding reviews from psychologists, psychiatrists, and social workers alike. He has been dubbed the Sarasota Parenting Doctor in his private practice work with families.

Dr. van Ingen blogs anxiety articles, and posts weekly parenting podcasts on his website www.danvaningen.com and as “Parenting Doctors Podcast” on iTunes.

Speaker Disclosures:

Financial: Daniel van Ingen maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Daniel van Ingen has no relevant non-financial relationship to disclose.



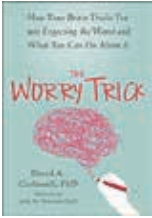
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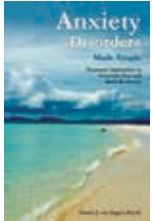
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The Worry Trick: *How Your Brain Tricks You into Expecting the Worst and What You Can Do About It*
By David Carbonell, Ph.D.

Are you truly in danger or has your brain simply “tricked” you into thinking you are? In *The Worry Trick*, psychologist and anxiety expert David Carbonell shows how anxiety hijacks the brain and offers effective techniques to help you break the cycle of worry, once and for all. Anxiety is a powerful force. It makes us question ourselves and our decisions, causes us to worry about the future, and fills our days with dread and emotional turbulence. Based in acceptance and commitment therapy (ACT) and cognitive behavior therapy (CBT), this book is designed to help you break the cycle of worry.



Anxiety Disorders Made Simple:
Treatment Approaches to Overcome Fear and Build Resiliency

By Daniel J. van Ingen, PsyD, **Your Presenter!**

This book presents proven strategies to provide breakthroughs in anxiety treatment. Contains practical examples to empower people to build anxiety tolerance, gain freedom, and experience resiliency as they confront their fears.

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” 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 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 profession's standards.

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ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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PSYCHIATRISTS: 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. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

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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.



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 for the full certification requirements.

How to Register Chronic Anxiety: Powerful Treatment Methods to Break the Anxiety Cycle

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

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