

## Outline

### Neurobiology: *The Impact of 24/7 Internet and "Information Overload"*

Is it an addiction? The role of dopamine  
Variable interval rewards: The most powerful reinforcement  
Perpetual state of "fight or flight"  
Impact of technology on the prefrontal cortex  
"Multi-tasking": Changing the landscape of learning  
The impact of screen time on rumination  
Impulse control at all ages: Instant v. delayed gratification

### Why the Increase in Anxiety?

#### *Understand the Problem to Help Clients Find Solutions*

The psychological hook of "checking in"  
Broad skills deficits for coping with normal situations  
Collective anxiety due to 24/7 news cycles  
Generational differences  
Illusions of perfection online  
New fears created/exacerbated by digital media:  
Negative evaluation/rejection  
Having behavior recorded or posted publicly  
Fear of missing out (FOMO)  
Confrontation  
Taking on responsibilities ("Adulting")  
Nomophobia

Use of technology to avoid emotional experiences  
The meaning of "friend" has changed  
Cyberbullying at all ages: The power of anonymity

#### *Strategies that Promote Healthy Use of Technology*

Key questions that uncover anxiety related to digital media use  
Techniques for providing meaningful psychoeducation  
Use "demand delays" to diminish impact of rapid screen shifting  
Tools for setting device boundaries to create more balance  
"Be still" techniques to tolerate time away from devices

### Therapy Tools to Improve Emotional Regulation, Reduce Anxiety and Build Self-Worth

#### Exposure Therapy/Coaching

Avoid avoidance!  
How to provide meaningful psychoeducation  
The 3 C's: Calm, Competent and Confident  
Accurate anticipation: The power of imagination exposure  
Techniques for teaching social skills  
5 ways to overcome fears of social situations  
Utilize FOMO (fear of missing out) as a tool for goal development  
Address "adulting" fears

#### Cognitive-Behavioral Therapy

Challenge the "comparison fallacy" of online interactions  
Identify and challenge distorted beliefs about the self  
Create new self-talk by changing the script  
Combat perfectionism and procrastination  
Ellis' ABCD approach to identify inhibiting beliefs

#### Stress Management

Eliminate the stressor – incorporate media "time outs"  
Manage time and environment  
Shifting attitudes

#### Relaxation and Mindfulness

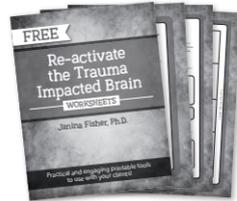
Skills for calming the persistently vigilant nervous system  
Interrupt rumination and build resilience  
Apps that promote calming breathing techniques

#### Clinical Considerations

Identify and address personal bias/countertransference issues  
Between-session recommendations that reinforce skills  
Limitations of the research and potential risks

— FREE —  
**Worksheets & Video**

To Help The Traumatized Brain



[www.pesi.com/traumabrainws](http://www.pesi.com/traumabrainws)

Bring any Training On-Site!

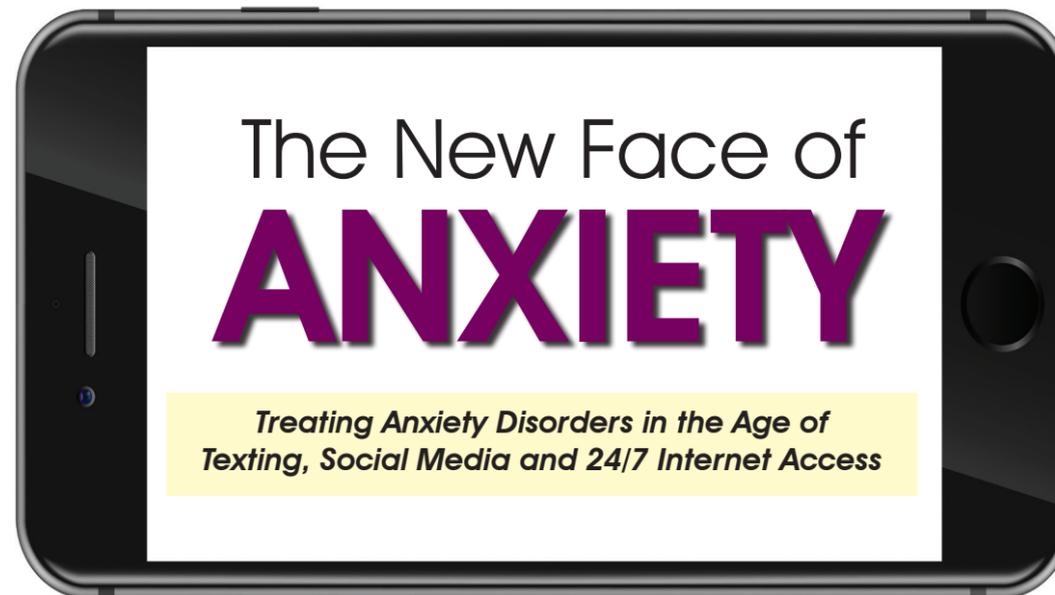
- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.



**Wichita, KS**

Tuesday, January 14, 2020

**Topeka, KS**

Wednesday, January 15, 2020

**Overland Park, KS**

Thursday, January 16, 2020

**REGISTER NOW: [pesi.com/express/76351](http://pesi.com/express/76351)**

## Objectives

1. Evaluate the impact persistent "screen time" exposure can have on the neurobiological and psychological health of clients.
2. Implement strategies to effectively reduce excessive use of technology that leads to avoidance and increased anxiety.
3. Increase clients' capacity to utilize technology in a healthy manner to decrease risk of anxiety and other mental health symptoms.
4. Establish clinical practices that decrease rumination and build resilience to the stress of the digital world.
5. Teach clients five strategies for overcoming irrational fears of social interaction in order to improve clinical outcomes.
6. Implement cognitive-behavioral strategies for challenging distorted beliefs and the "comparison fallacy" as related to online interactions.



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.*

# The New Face of ANXIETY

*Treating Anxiety Disorders in the Age of Texting, Social Media and 24/7 Internet Access*

Help clients overcome the psychological hook of "checking in" with their device

Address new fears including Facebook shaming, "adulting" and FoMO (fear of missing out)

Build self-worth in clients by challenging the "comparison fallacy" of online interactions

Work with all generations – iGen, Millennial, Gen X and Baby Boomers

**Wichita, KS**

Tuesday, January 14, 2020

**Topeka, KS**

Wednesday, January 15, 2020

**Overland Park, KS**

Thursday, January 16, 2020

**REGISTER NOW!** [pesi.com/express/76351](http://pesi.com/express/76351)

**PESI**<sup>®</sup>  
www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING  
KNOWLEDGE WITH NEED SINCE 1979



Become  
CCATP-CA  
Certified!

Details Inside

# The New Face of Anxiety

*Treating Anxiety Disorders in the Age of Texting, Social Media and 24/7 Internet Access*

Texting rather than talking. Gathering “likes” and followers. Making friends via a gaming console. Unrelenting 24/7 news cycles. Ready or not, the rise of social media and 24/7 Internet access has changed the way we relate to one another (and ourselves), leaving in its wake a whole new set of challenges for those who use it.

As therapists, you see people of all ages with these issues:

The girl who can't put her phone away during session. The boy who isn't sleeping after reading messages on social media. “Friends” of all ages who shame each other for life choices and argue by text. The socially anxious young adult who struggles to meet people in person because all of his “friends” are online. The parent who has to contend with “Facebook shaming” for every parenting decision. The older adult who feels out of touch and disconnected. **The impact is rampant and pervasive – as a result, treatment of anxiety doesn't look the same anymore.**

Attend this unique and engaging seminar to learn innovative ways to treat this new facet of anxiety with today's client. You'll discover:

- Key questions to ask at assessment to uncover problematic use of technology
- How excessive screen time effects mood, anxiety and self-worth in clients of all ages
- Tools to help clients regulate their emotions and make wise decisions (on and offline)
- Innovative techniques for promoting healthy use of technology with clients
- Deliberate strategies for managing time, device use and “information overload”

Sign up today!

## Speaker

**Margaret Wehrenberg, Psy.D.**, a licensed clinical psychologist, is the author of 6 books on the treatment of anxiety and depression, including her most recent book for the general public, *The 10 Best Anxiety Busters*. An expert on the treatment of anxiety and depression, she has extensive training and expertise in the neurobiology of psychological disorders. She earned her M.A. specializing in psychodrama and play therapy with children. Dr. Wehrenberg has years of experience as a drug and alcoholism counselor, working with the U.S. Army in Germany and Lutheran Social Services in Illinois. She also has training in trauma treatment, EMDR and Thought Field Therapy. She has a private psychotherapy practice in Naperville, IL, specializing in treating anxiety. In addition to clinical work, she coaches business professionals on managing anxiety, she frequently contributes articles for the *Psychotherapy Networker* magazine, and she has produced *Relaxation for Tension and Worry*, a CD for breathing, muscle relaxation and imagery to use with anxious clients. Her book *The 10 Best-Ever Anxiety Management Techniques*, published by W.W. Norton, is a consistent top seller for anxiety management. You can find her on the web at [www.margaretwehrenberg.com](http://www.margaretwehrenberg.com).

Speaker Disclosure:

Financial: Margaret Wehrenberg maintains a private practice. She is an author with W.W. Norton publishing and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Margaret Wehrenberg is a member of the American Psychological Association and the Anxiety Disorder Association of America.



**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.

**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

### Questions?

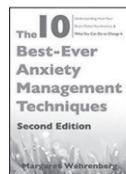
Call Customer Service:  
**800-844-8260**

### 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.

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### *The 10 Best-Ever Anxiety Management Techniques, 2nd Edition*

By Margaret Wehrenberg, Psy. D., *Your Presenter*

Drawing on fresh insights into the anatomy of the anxious brain, Dr. Wehrenberg gets to the biologically based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day-to-day basis. From diaphragmatic breathing and self-talk, to mindfulness, muscle relaxation, and “plan to panic” strategies, you can learn to train your brain, conquer your stress and anxiety, and regain control of your life.



### *You Can Handle It*

*10 Steps to Shift Stress from Problem to Possibility*

By Margaret Wehrenberg, PsyD, *Your Presenter*

Other books may give you quick tips and promise success, but *You Can Handle It* tells you why these techniques work on the brain, and gives you step-by-step directions, worksheets, and scripts that will make implementing these methods feel effortless.

In *You Can Handle It*, Dr. Wehrenberg offers realistic, simple and highly satisfying how-to's to eliminate bad stress from your life, and how to use the good stress for leverage in all arenas of your life.



## BECOME CERTIFIED!

This course counts toward the educational hours required for certification as a Certified Clinical Child and Adolescent Anxiety Treatment Professional (CCATP-CA).

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

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

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Valerie Whitehead at [vwhitehead@pesi.com](mailto:vwhitehead@pesi.com) or call 715-855-8166.

## 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 [cepsi@pesi.com](mailto:cepsi@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.*

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

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the 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.

**MISSOURI 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.

**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. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.



### PSYCHOLOGISTS & PSYCHIATRISTS:

#### Psychiatrists

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

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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**KANSAS PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is designed to meet the requirements of the Kansas Board of Psychology. PESI is a nationally accredited provider of continuing education. Please retain the activity advertisement and certificate of attendance for your CE records.

**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.

**KANSAS SOCIAL WORKERS:** PESI, Inc. is an approved provider with the Kansas Behavioral Sciences Regulatory Board. Provider #14-006. 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.



**SCAN HERE**

**FOR A SPECIAL OFFER ON BOOKS & CARD DECKS**

## REGISTRATION FORM

**THE NEW FACE OF ANXIETY: TREATING ANXIETY DISORDERS IN THE AGE OF TEXTING, SOCIAL MEDIA AND 24/7 INTERNET ACCESS**

**SAVE TIME! Express Register Online: [pesi.com/express/76351](http://pesi.com/express/76351)**

**1 Please complete entire form if sending by mail** *please print legibly*

Mail Code: \_\_\_\_\_ See mail code box on reverse side above your name & address

\*E-mail address \_\_\_\_\_

**\*E-mail required to receive CE Certificate and registration confirmation.**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_  Home  Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_

**\*Required for event updates**

**2 Select Location** (make copy for your records)

**WICHITA, KS • January 14, 2020** (76351WIC)

Holiday Inn Select  
549 S Rock Rd • 67207  
(316) 686-7131

**TOPEKA, KS • January 15, 2020** (76351TOP)

Hyatt Place Topeka  
6021 SW Sixth Ave • 66615  
(785) 273-0066

**OVERLAND PARK, KS • January 16, 2020** (76351OPA)

DoubleTree Hotel Kansas City-Overland Park  
10100 College Blvd • 66210  
(913) 451-6100

**3 Select Tuition**

**TUITION** including seminar manual

**\$219.99** – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

**\$249.99** standard

**ADD-ON PRODUCTS**—Save on Shipping!—Products Distributed at Seminar

**\$19.95\*** *The 10 Best-Ever Anxiety Management Techniques, 2nd Edition* book (SAM042895)

**\$16.99\*** *You Can Handle It* book (PUB085005)

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Select Payment Method**

**All registrations must be prepaid.**

- Check enclosed payable to **PESI, Inc.**
- Purchase order enclosed (Fed ID # 26-3896894)
- MC  VISA  AE  Discover Novus

16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

PLEASE RETURN ENTIRE REGISTRATION FORM

### ADA NEEDS

We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least two weeks prior to the seminar date.

### SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

### TUITION OPTIONS

*Advance registration required. Cannot be combined with other discounts.*

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) for details.

### QUESTIONS

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

### OTHER WAYS TO REGISTER

Fax: 800-554-9775  
Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: [pesi.com/express/76351](http://pesi.com/express/76351)

### CAN'T ATTEND THE SEMINAR?

***The New Face of Anxiety: Treating Anxiety Disorders in the Age of Texting, Social Media and 24/7 Internet Access***

— Seminar on DVD\* (video) \$219.99 (RNV054255)

— Seminar on CD\* (audio) \$219.99 (RNA054255)

Product total \_\_\_\_\_  
\*Shipping \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
\*\*Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each additional item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR