

Outline

Assessment and Differential Diagnosis

The neurobiological causes of panic, generalized anxiety and social anxiety that help select treatment

Identifying lifestyle and life history causes of anxiety

The impact of insomnia in generalized anxiety

Techniques That Work to Modulate Physiology

The right way to teach and use diaphragmatic breathing

Develop the 4 competencies of stress management

Four important lifestyle changes everyone can make to reduce anxiety

Treatment approaches that change brain function for long-lasting recovery with a focus on memory reconsolidation and its importance to planning exposures

Techniques for Treating Cognitive Problems of Anxiety and Panic

The best thought-replacement methods for worry and rumination

Clear the mind of ruminative and racing

thoughts, including health anxiety
Identify the person with "Too Much Activity"
Modify the impact of constant technology use
How to stop worry before it happens

Techniques for Managing Social Anxiety

Address the relationship between the desire for significance and social anxiety in Millennials and the iGen

Special considerations for treating different age groups: the Millennials, iGen and aging adults

Apply the "3 C's – Calm, Competent, and Confident" model to construct treatment for social anxiety

Structure cognitive change through planned "counter-cognitions"

Apply 'in vivo exposure' techniques that optimize recovery from social anxiety

LIVE SEMINAR SCHEDULE

7:30 a.m. Registration/Morning Coffee & Tea

8:00 a.m. Program begins

11:50 a.m. - 1:00 p.m. Lunch (*on your own*)

4:00 p.m. Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Objectives

1. Articulate the neurobiological causes of panic, generalized anxiety and social anxiety and ascertain how this information impacts treatment decisions.
2. Implement strategies for stress management to reduce symptoms of anxiety in clients, including lifestyle changes, cognitive interventions and time management tools.
3. Model effective use of diaphragmatic breathing techniques for physiological modulation in the treatment of anxiety.
4. Communicate how memory reconsolidation assists clients in identifying their anxiety triggers and interrupt the common cognitions that often lead to panic attacks.
5. Integrate specific clinical techniques to address persistent worry and understand how this changes the neurobiology of ruminative thought patterns in clients.
6. Utilize cognitive therapy interventions with clients to manage perfectionism, procrastination and rigid approaches to problems.

Seminar on CD or DVD 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 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.



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TEN Best-Ever ANXIETY TREATMENT TECHNIQUES

featuring
Margaret Wehrenberg, Psy.D., author of *The 10 Best-Ever Anxiety Management Techniques*

WOBURN, MA
Wednesday, June 20, 2018

WALTHAM, MA
Thursday, June 21, 2018

DEDHAM, MA
Friday, June 22, 2018

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TEN Best-Ever ANXIETY TREATMENT TECHNIQUES

The Ten Best-Ever Anxiety Treatment Techniques will give you and your clients what you need to...

- Stop panic in its tracks
- Make four important lifestyle changes that get rid of tension and stress
- Identify and work with perfectionism in anxious clients
- Resolve anger and guilt common to generalized anxiety
- Eliminate ruminative worry
- Stop avoiding the feeling of fear and face up to it with confidence

featuring

Margaret Wehrenberg, Psy.D.
author of *The 10 Best-Ever Anxiety Management Techniques*

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Dr. Margaret Wehrenberg will assist you in shaping the 10 best-ever anxiety techniques to your needs and will discuss:

- How to apply the techniques in difficult cases
- How these techniques apply to different age groups
- How these techniques can help with clients who have co-morbid diagnoses
- How to use these techniques with groups or individuals and in different types of psychological services: private practice, hospital units, classrooms, nursing facilities, etc.



This fresh approach will give you a complete set of tools to work with anxiety symptoms. Cutting-edge research tells clinicians not only what is new, but also tells us why what we have done best over the years works to help clients achieve positive results in therapy. In this seminar, you will learn, practice and be ready to apply 10 techniques that really work to stop symptoms of panic, worry and social anxiety.

These 10 proven methods can control most symptoms of panic, generalized anxiety and social anxiety. Through in-seminar practice and discussing case vignettes to illustrate their applications—you can make them strong, effective and lasting interventions. Methods that control physiology: diaphragmatic breathing, reducing tension, and mindful awareness to offset panic or acute anxiety can be easy to learn but not simple to apply. We will discuss how to make them effective with different age groups and difficult clients to obtain the best results for calming panic and dread. Likewise, controlling the cognitive problems of anxiety, such as catastrophizing or ruminatively worrying, challenge most with anxiety. Learn powerful techniques that cool off worry (“worry well and only once!” “knowing, not showing anger”), and challenge faulty cognitions, the obstacles to improving panic and social anxiety (“counter cognitions”, etc.). You can help your clients identify and change the ways they avoid their social anxiety. Case examples will clarify planned re-entry to triggering situations, handling the stress of preparation and conducting ‘in vivo exposure’.

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 also 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.

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.

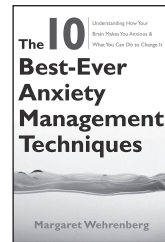
Non-financial: Margaret Wehrenberg is a member of the American Psychological Association and the Anxiety Disorder Association of America.

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Target Audience:

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

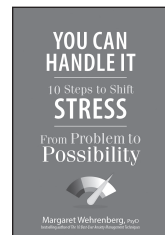
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The 10 Best-Ever Anxiety Management Techniques

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

Addressing physical, emotional, and behavioral symptoms, Margaret Wehrenberg, a leading mental health clinician, draws on basic brain science to highlight the top ten anxiety-defeating tips. Everything from breathing techniques and mindful awareness to cognitive control and self-talk are included—all guaranteed to evict your anxious thoughts.



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.

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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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 or 800-844-8260 before the event.

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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.

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MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This activity has been certified by the FDA/CE Certifications and the Massachusetts Association for Marriage & Family Therapy, Inc. for professional continuing education. Full attendance at this activity qualifies for 6.0 contact hours.

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PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. 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.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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.



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___ Seminar on CD* (audio) \$169.99 (RNA012570)

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

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