

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

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

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

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

★ Satisfaction 100% Guaranteed ★

Objectives

1. Communicate how anxiety tricks your clients into getting stuck - and how to turn that around.
2. Integrate treatment for anxiety, and build a strong working relationship with the most anxious of clients.
3. Implement strategies to help clients recover from panic disorder, social anxiety disorder, generalized anxiety disorder and specific phobias, with or without the help of medications.
4. Establish techniques to help relieve your clients' shame, blame, and excessive self-protection.
5. Model simple, powerful experiments in-session to help clients acquire a new view of chronic anxiety and a more adaptive approach.
6. Teach a simple breathing technique which not only restores comfortable breathing, but serves as a metaphor to guide future responses to anxiety.

Questions? Call customer service at 800-844-8260

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BRENÉ BROWN, Ph.D.

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CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

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Wednesday	Thursday	Friday
January 24, 2018	January 25, 2018	January 26, 2018

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CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

Featuring Anxiety Treatment Expert and Author,
David Carbonell, Ph.D.

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

BURLINGTON, VT
Wednesday, January 24, 2018

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Thursday, January 25, 2018

PORTLAND, ME
Friday, January 26, 2018



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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

Effective treatment methods for anxiety disorders were just starting to enter the mainstream when **David Carbonell, Ph.D.** began his career as a psychologist over 25 years ago. He’s been helping people overcome fears and phobias, and developing new treatment strategies, ever since. Using humor, compassion, and acceptance with cognitive behavioral methods, Dr. Carbonell has taught his unique blend of CBT, ACT, Metacognitive Therapy and Paradoxical Therapy to thousands of mental health professionals across the country. It’s his goal for you to leave armed with an approach, and numerous specific tools, that you can use the next day.

Dr. Carbonell is the “Coach” at the popular self-help site www.anxietycoach.com. He is also the author of *The Worry Trick* (New Harbinger Publications, 2016) and *Panic Attacks Workbook* (Ulysses Press, 2004). He was one of the first psychologists in the U.S. to develop a group practice devoted solely to the treatment of anxiety disorders, and maintains a clinical practice in Chicago. He’s the founding member of The Therapy Players, an improvisational comedy troupe of psychotherapists, and a frequent speaker at annual conferences of the Anxiety and Depression Association of America.

Clinicians rave about David’s guiding formulation of the Anxiety Trick, the simple, humorous language with which he describes it, and the way he helps you translate it into practical, powerful interventions. Join him for a day and go home ready to use innovative new strategies for helping your anxious clients!

Speaker Disclosure:

Financial: David Carbonell maintains a private practice. He receives royalties as an author for Ulysses Press. Dr. Carbonell receives a speaking honorarium from PESI, Inc.

Nonfinancial: David Carbonell has no relevant nonfinancial relationship to disclose.

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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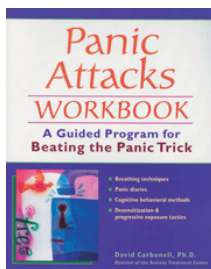
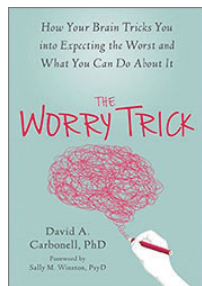
If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish?

The nation’s top speakers and authors contact us first. If you are interested in becoming a speaker, or have a new topic idea, please contact Kate Sample at ksample@pesi.com or call (715) 855-5260.

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

***Save Shipping Costs** by Including these products with registration!



The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It

By David Carbonell, Ph.D., **Your Presenter!**

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.

Panic Attacks Workbook: A Guided Program for Beating the Panic Trick

By David Carbonell, Ph.D., **Your Presenter!**

Panic is an insidious trick that makes your clients fear simple, everyday things: driving, shopping, socializing, traveling and more. The first attack comes out of nowhere, and then panic tricks them into responding in precisely the ways that invite the panic back, again and again. The panic trick is highly effective and has drawn millions of people into panic attacks and phobias. You can help your clients outsmart and beat this trick. This book shows you how, with a step-by-step guide from panic to recovery. The proven methods in this book show how to identify the panic trick and empower your clients with the tools to address their fears and solve this debilitating problem.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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.

NEW YORK ADDICTION PROFESSIONALS: This course has been approved by OASAS for 6.25 clock hours toward Initial Credentialing for CPP Section 1 or CPS Section 1 or Renewal for CASAC or CPP or CPS. Board required certificates will be sent after the program.

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.

MAINE COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maine Board of Counseling Licensure Professionals recognizes courses and providers that are approved by the American Psychological Association, ASWB or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

NEW HAMPSHIRE COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The New Hampshire Board of Mental Health Practice recognizes courses and providers that are approved by the American Psychological Association or ASWB. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT COUNSELORS: This activity is approved by the Board of Allied Mental Health Practitioners (BAMHIP) for 6.25 continuing education credits.

REGISTRATION INFORMATION

ADA needs: We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options: \$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

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 or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

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.

NEW YORK MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

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.

NEW HAMPSHIRE SOCIAL WORKERS: This course qualifies for 6.0 Category A credits. The New Hampshire Board of Mental Health Practice recognizes continuing education courses sponsored by providers who are approved by the American Psychological Association.

VERMONT SOCIAL WORKERS: This program has been approved for 6.25 Continuing Education Credit Hours by the National Association of Social Workers, Vermont Chapter and meets the continuing education criteria for Social Work Licensure renewal.

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.

Chronic Anxiety: Powerful Treatment Methods to Break the Anxiety Cycle

HOW TO REGISTER - *Please make a copy for your records*

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

ONLINE	pesi.com/express/59180	FAX	800-554-9775
		MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000

1 Check Location:

☐ **BURLINGTON, VT • January 24, 2018** [59180BUR](#)
Hilton Burlington • 60 Battery St • 05401 • (802) 658-6500

☐ **MANCHESTER, NH • January 25, 2018** [59180MAN](#)
Executive Court Conference Center • 1199 South Mammoth Road • 03109 • (603) 626-4788

☐ **PORTLAND, ME • January 26, 2018** [59180POT](#)
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★ Registrant Information

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★ Tuition

– choose one of the options below

- ☐ **\$199.99** (per person for 2 or more preregistering together —OR—single registration postmarked 3 weeks prior to seminar date)
☐ **\$219.99** Standard Seminar Tuition

★ Add-On Products

(Distributed at seminar—saves you shipping cost!)

- ☐ **\$16.95*** *The Worry Trick* book
☐ **\$17.95*** *Panic Attacks Workbook*

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

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☐ Purchase Order (*attach copy*) **OR** Charge to: ☐ MasterCard ☐ Visa ☐ Discover ☐ AE

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___ \$169.99 *Chronic Anxiety CD/Digital Manual Self-Study Package (RNA052305)*

___ *The Worry Trick* book* \$16.95 (SAM084235)

___ *Panic Attacks Workbook** \$17.95 (SAM010340)

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Tuition Option:

\$30 Tuition:

If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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