

## 2-Day Certificate Course

# CBT for Anxiety

Transformative Skills and Strategies for the Treatment of GAD, Panic Disorder, OCD and Social Anxiety

Do you feel overwhelmed by the severity of your client's anxiety symptoms? Does their need to seek reassurance and perform compulsions prevent them from moving forward in therapy? You are not alone if you find your clients experiencing the same symptoms after several therapy sessions, if they get stuck on the "why's" of anxiety or if they are unable to take meaningful action against their anxiety.

Attend this intensive two-day workshop to learn specific ways to climb over these obstacles in therapy and gain confidence in your ability to treat the most symptomatic, anxious clients on your caseload.

Start seeing real results with cutting edge CBT interventions that give you:

- Ways to help clients face their triggers and change their relationship with fear
- Strategies to manage your own anxiety about treating your anxious clients
- Methods to use exposure therapy in meaningful, successful ways
- Specific strategies for Panic Disorder, phobias, OCD and Social Anxiety

Packed with videos, case examples, and opportunities to practice, this two-day seminar is designed for clinicians who want to start seeing real results with anxiety clients. Learn CBT with Exposure and Response Prevention in a positive, supportive environment and walk away with strategies you can use the very next day!

Don't miss this opportunity to grow your confidence and your practice while helping your clients get their lives back!



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.*

### Target Audience:

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

## Objectives

1. Educate and socialize anxious clients to the CBT session structure in order to achieve positive clinical outcomes.
2. Assess for and diagnose each DSM-5® anxiety disorder, including Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, Social Anxiety Disorder, Separation Anxiety Disorder, PANS/PANDAS, and Panic Disorder.
3. Implement Exposure and Response Prevention (ERP) techniques to increase your client's success.
4. Utilize strategies that help family members become anxiety "coaches" for the client.
5. Formulate interventions for challenging automatic negative thoughts in clients who have been diagnosed with anxiety.
6. Identify when it is clinically appropriate to use extreme exposure interventions with clients.
7. Demonstrate the use of interoceptive therapy for treating panic in clients.
8. Explain the purpose of utilizing paradoxical exposures when treating social anxiety.
9. Apply knowledge about Generalized Anxiety Disorder to learn how to prevent fears about the future from interfering with quality of life.
10. Utilize play-based exposure interventions for the treatment of anxiety in children.
11. Implement Exposure and Response Prevention techniques to reduce symptoms of Obsessive-Compulsive Disorder.
12. Formulate treatment termination and relapse prevention plans with clients.

### Course Schedule Both Days

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

**Questions?**  
Call customer service  
at 800-844-8260

### 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  
Kate Sample at [ksample@pesi.com](mailto:ksample@pesi.com) or call 715-855-5260.

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## 2-Day Certificate Course

# CBT for Anxiety

Transformative Skills and Strategies for the Treatment of GAD, Panic Disorder, OCD and Social Anxiety

WOBURN, MA

Thursday & Friday

September 19 & 20, 2019



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# CBT for Anxiety

Transformative Skills and Strategies for the Treatment of GAD, Panic Disorder, OCD and Social Anxiety

"By far the most powerful and useful training I have ever attended." Doug, PhD

"I don't think I have ever gained so many tools from a training – I've been using them all with my clients!"  
Alex, LPC

"I was inspired and energized by what I learned. . . I have had great success in treating my clients using the skills taught in the course." Kari, MS, LPC

WOBURN, MA

Thursday & Friday

September 19 & 20, 2019



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Become  
CCATP  
Certified!

Details Inside



Outline

Getting Started: How to Optimize the Early CBT Sessions

Principles of CBT – Establish roles and goals  
How to socialize your client to the CBT Session structure  
Get your client to do homework  
What not to do (reassurance, rabbit hole)  
Tools for goal setting  
Begin with the end in mind: Termination considerations

Assessment and Treatment Planning: Set the Stage for Successful Treatment

Diagnosis – why it’s important  
Key questions to ask at intake  
Assessment forms – where to find them  
Teach your clients to use a notebook  
Using a SUDS scale

Anxiety and the Brain:  
What Every Client Needs to Know  
Why this is a pivotal point of treatment  
Simple ways to teach clients about anxiety and the brain  
The role of avoidance and safety behaviors  
Medication—what is helpful and what is not

The Art of Exposure and Response Prevention (ERP)

The role of the clinician  
Teach clients to ride the wave of anxiety  
Create a fear hierarchy using SUD scales  
How to set up an exposure  
Working with resistance to exposure  
What NOT to do and why

Cognitive Therapy: Change the Way Clients Think about Thinking

Empower clients to choose how to interpret their thoughts  
Utilize values clarification to motivate change  
Challenge distortions and core beliefs that get in the way of change  
The role of mindfulness in anxiety treatment

Family Involvement: Teach Loved Ones to be a Part of the Solution

Help families learn healthier ways to talk back to anxiety  
Teach how to respond without reassuring  
Challenge loved ones to face their own fears

Phobias and OCD: Exposure and Response Prevention in Action

Identify OCD’s tricks  
Strategies for the most common phobias (heights, spiders, small spaces and more!)  
How to get comfortable with extreme exposures  
Vomit phobia, fear of harm, contamination, obsessive thoughts, sexual obsession  
Identify your own obstacles to successful ERP  
Get out of the office!  
Using scripts  
Demonstrations and practice

Panic Disorder: Interoceptive Exposure Techniques That Work

Why deep breaths aren’t enough  
Practice breathing to increase CO2  
Identify the fear in panic  
How to induce symptoms of panic to build tolerance of discomfort  
Strategies for choosing a panic behavior to replicate

Social Anxiety: Paradoxical Treatment Interventions That Get Results

Going after embarrassment  
Tools to practice mindfulness during conversations  
Build clients’ “I can handle it” muscle  
Help clients improve insight about their fears  
How to remove safety behaviors in social situations

Generalized Anxiety Disorder (GAD) and Worry: Helping Our Clients Live in the Present

Overcoming the fear that “I won’t be able to handle it”  
Tools that teach clients how to handle distressing thoughts/feelings  
Utilize mindfulness/living in the present  
Write worry scripts, assign time for worry, chase after worry

Kids with Anxiety: Playing with Fear

Special considerations when working with children  
School refusal, contamination, bad thoughts, PANS/PANDAS  
Add play to your treatment plan  
Strategies for age appropriate interventions  
Teach kids to talk back to their fears  
How to handle parent resistance/therapy interference

Termination and Relapse Prevention

Why this is a critical point in therapy  
Develop a client wellness plan that sticks  
Help clients identify red flags  
Teach clients to do ongoing exposures  
Establish a plan for when to return to therapy  
Risks and limitations of the research

CBT for Anxiety  
A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD

By Kimberly Morrow, LCSW, and Elizabeth Dupont Spencer, M.S.W., LCSW-C **YOUR PRESENTER!**

Concise, clear and practical, this workbook will provide immediate tools to motivate, encourage and effectively treat even your most anxious clients. A key highlight of the book are guided opportunities to work through treatment obstacles to enhance your clinical skills. Dozens of reproducible worksheets, exercises and handouts.

The Anxiety, Worry & Depression Workbook  
65 Exercises, Worksheets & Tips to Improve Mood and Feel Better

By Jennifer L Abel, Ph.D.

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.

LIVE COUSE 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 cepses@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.

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

**COUNSELORS:** This intermediate activity consists of 12.5 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.

**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 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.

**MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS:** This course has been submitted for review for continuing education approval. Credit is pending.

**PSYCHOLOGISTS:** This activity consists of 12.5 clock hours of continuing education instruction. 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. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 12.5 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.

**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 12.5 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.

**OTHER PROFESSIONS:** This activity qualifies for 760 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.

How to Register: 2-DAY CERTIFICATE COURSE: CBT FOR ANXIETY: TRANSFORMATIVE SKILLS AND STRATEGIES FOR THE TREATMENT OF GAD, PANIC DISORDER, OCD AND SOCIAL ANXIETY

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

**WALK-INS**  
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**

- FREE Military Tuition:** 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.*
- \$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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**QUESTIONS?** Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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3 Check tuition: (includes manual)  
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- ☐ **\$399.99** per person postmarked 3 weeks prior to event **or** per person for 2 or more preregistering together
- ☐ **\$439.99** standard tuition per person

- Add-On Products**  
Distributed at seminar—FREE SHIPPING!

☐ **\$24.99\*** *CBT for Anxiety* book

☐ **\$29.99\*** *The Anxiety, Worry & Depression Workbook*
- \*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**  
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See below for individual product orders

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\_\_\_\_ **DVD\*** (video) \$299.99 (RNV054525)  
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Speakers

**Elizabeth DuPont Spencer, LCSW-C,** is a licensed clinical social worker and board approved supervisor. Trained as a cognitive behavioral therapist using exposure and response prevention for anxiety disorders, obsessive compulsive disorder and depression, she has been in private practice for 25 years, working with children, adolescents and adults. Elizabeth is a member of the International Obsessive Compulsive Foundation (IOCDF), the National Association of Social Workers (NASW) and of the Anxiety and Depression Association of America (ADAA). She is a Clinical Fellow of the ADAA, and also received the 2012 Clinician Outreach Award and the 2017 Clinician of Distinction Award. Elizabeth is co-owner of AnxietyTraining.com with a mission to train clinician’s nation-wide in evidence-based treatments. A graduate of Columbia University in New York City, and the University of Maryland at Baltimore’s School of Social Work, she completed her clinical training at the National Institutes of Health and the Catholic University of America. She is the co-author of three books, *The Anxiety Cure*, *The Anxiety Cure for Kids*, and *CBT for Anxiety and OCD: A Step-by-Step Training for the Treatment of Fear, Panic, Worry, and OCD*. Elizabeth works in Rockville, Maryland.  
[www.anxietytraining.com](http://www.anxietytraining.com)

Speaker Disclosure:

Financial: Elizabeth DuPont Spencer is in private practice. She is an author for John Wiley & Sons, Inc., and receives a royalty. Ms. DuPont Spencer receives a speaking honorarium from PESI, Inc.

Non-financial: Elizabeth DuPont Spencer is a member of the Anxiety and Depression Association of America; the International Obsessive Compulsive Foundation; and the National Association of Social Workers.



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