Outline

Anxiety Spirals, Panic and Early Cue Problem Solving Detection

Examples of Worry Spirals and Panic Spirals The Empirical Evidence

3 Benefits of Catching Anxiety Early Reminders for Catching Anxiety Early

Mindfulness

Move Toward Relaxation vs. Away From Anxiety

Process vs. Command

Present Focus – Mindfulness as a

Relaxation Tool

Acceptance

Observation of Thoughts and Emotion Labeling of Thoughts and Emotions

Observation and Labeling Game

Self-Controlled Desensitization (SCD) Quick Alternatives to PMR

Rationale for SCD Formal SCD In-Session SCD Active Relaxation

Cognitive Therapy

An Alternative Way to do Cognitive Therapy – B3s Find Alternative Thoughts

The Role of "Shoulds" and "Need To's"

Change to "Want To's"

The Humor of Worry

Deal with Superstitious Worry

Limitations of research and CBT Interventions

Target Audience:

Counselors • Social Workers • Psychologists Case Managers • Addiction Counselors Therapists • Marriage & Family Therapists Nurses • Occupational Therapists Occupational Therapy Assistants Speech-Language Pathologists Other Mental Health Professionals

Worry Prevents Problem Solving-Evidence 4 Ways to Do Problem Solving

OCD-Like Symptoms in Panic and Worry

Dangers of a Poor Assessment Stop Encouraging Avoidance and Escape Assess for Negative Reinforcement Remove Crutches Traditional Exposure Interoceptive Exposure for Panic Finding and Flooding "The Real Worry" Risks Associated with Treatment of Panic Related Research Limitations

Reduce Tension and Increase Energy

Progressive-Muscle Relaxation (PMR) **Energy Conservation**

Problems That are Often Treatment Resistant and How to Approach

Hypochondriasis and Fear of Untimely

Death

Perfectionism

Subjugation

Catastrophizing/Intolerance of

Uncertainty

Procrastination

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.

Objectives

- 1. Articulate components of the "anxiety spiral" and utilize several evidence-based strategies (including self-controlled desensitization) to prevent exacerbation of symptoms.
- 2. Specify five potential anxiety treatment pitfalls and learn evidence-based approaches to avoid or correct them.
- 3. Implement four mindfulness strategies for treating anxiety symptoms in a clinical setting. 6.
- Evaluate the inverse relationship between worry and problem solving, and identify its implications for treatment of anxiety.
- 5. Examine the clinical presentation of panic, worry and fear of guilt and how they compare to Obsessive-Compulsive Disorder; learn clinical strategies to stop these cycles of negative
 - Develop clinical skills to address treatmentresistant issues, including perfectionism, subjugation, procrastination, hypochondriasis, and catastrophizing/intolerance of uncertainty.





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Do you want to gain powerful techniques for your clients who struggle with treatment resistant anxiety, worry and panic? Learn how to assess anxious habits, symptoms and behaviors using effective cutting-edge, evidence-based strategies...even with your toughest clients!

Dr. Jennifer Abel will teach you how to stop the anxiety spiral early to significantly reduce the habit of worry and panic using self-controlled desensitization. Experience how evidence-based treatments can help your clients problem solve, reduce tension, and increase energy. Learn unique, effective approaches to mindfulness, cognitive therapy, and exposure, including thought-labeling, interoceptive exposure, and better-butbelievable thoughts.



Effective Strategies to Calm the Anxious Mind

"Really fantastic! Extremely knowledgeable & shared an abundance of tools!"

- Courtney, Psychotherapist, WI

Case studies, role plays, demonstrations and interactive discussions will be utilized in this cutting-edge seminar.

Speaker

Jennifer L. Abel, Ph.D., international speaker, author and clinical psychologist, has specialized in the treatment of anxiety disorders for over 20 years. Before opening a private practice, she served as the associate director of the Stress and Anxiety Disorders Institute at Penn State under the direction of the leading expert in Generalized Anxiety Disorder (GAD), T.D. Borkovec.

Her first book Active Relaxation has received outstanding reviews from mental health care professionals and anxious readers alike. Her second book, Treatment Resistant Anxiety, Worry, and *Panic,* has received praise from top experts in anxiety management.

Dr. Abel has published many articles in professional journals and wrote a pamphlet about GAD for ABCT. She has been quoted by several popular magazines (e.g., Health, Prevention, Glamour) for her expertise in Worry. Dr. Abel presents to the public (e.g., Working Women's Survival Show), as well as professionals (e.g. Australian Psychological Society; Anxiety Disorders Association of America).

Speaker Disclosures:

Financial: Jennifer Abel is in private practice. She receives compensation as a self-published author. Jennifer Abel receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Abel has no relevant non-financial relationship to disclose.



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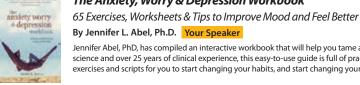
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