

Outline

Anxiety Spirals, Panic and Early Cue 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)

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

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.
4. 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 reinforcement.

6. Develop clinical skills to address treatment-resistant issues, including perfectionism, subjugation, procrastination, hypochondriasis, and catastrophizing/intolerance of uncertainty.

Problem Solving

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
Interceptive 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)
Quick Alternatives to PMR
Energy Conservation

Problems That are Often Treatment Resistant and How to Approach Them

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.

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ANXIETY, WORRY & PANIC

Effective Strategies to Calm the Anxious Mind

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ANXIETY, WORRY & PANIC

Effective Strategies to Calm the Anxious Mind

Over 80 techniques to treat anxiety, worry and panic!

International Speaker & Author
Jennifer L. Abel, Ph.D.

Innovative strategies using Mindfulness, CBT and more

Stop the “anxiety spiral” early

Treatment pitfalls and approaches to correct them

Recognize and stop negative reinforcement of panic, worry and fear of guilt

CHAMPAIGN, IL
Wednesday, October 23, 2019

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“This was the most informative and skill-building workshop I have attended in the past 10 years – thank you!”

Jacquelyn, LCSW



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Details Inside

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-but-believable thoughts.

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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ANXIETY, WORRY & PANIC

Effective Strategies to Calm the Anxious Mind

“Really fantastic! Extremely knowledgeable & shared an abundance of tools!”

- Courtney, Psychotherapist, WI

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The Anxiety, Worry & Depression Workbook
65 Exercises, Worksheets & Tips to Improve Mood and Feel Better
By Jennifer L. Abel, Ph.D. **Your Speaker**

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.

Melt Worry and Relax Card Deck
56 CBT & Mindfulness Strategies to Release Anxiety
By Jennifer L. Abel, Ph.D. **Your Speaker**

Do you worry too much? Feel anxious, stressed, or tired? This deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.

Resistant Anxiety, Worry, & Panic:
86 Practical Treatment Strategies for Clinicians
By Jennifer L. Abel, Ph.D. **Your Speaker**

Filled with pragmatic approaches and coping strategies, this is a “must-have” book for clinicians treating anxiety, worry and panic. Dr. Abel specializes in the treatment of anxiety and provides proven therapeutic techniques to help your clients work through the spiral of anxiety and successfully face their fears.



BECOME CERTIFIED!
This course counts toward the educational hours required for certification or Recertification as a Certified Clinical Anxiety Treatment Professional (CCATP).
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