

ANXIETY

CERTIFICATION COURSE

Advances in neuroscience have provided a roadmap for the brain that shows us the key to working with anxious minds. But knowing how to interpret the complex map neuroscience provides has left many clinicians wondering...How do I unlock the complicated inner works of the brain to guide my client sessions?

In this new, comprehensive certification training program, you'll see how neuroscience can inform why, how and what techniques can help your clients stop the symptoms of anxiety – even tough to treat panic attacks, worry, rumination, nausea, and pounding hearts.

Now you can join Janene Donarski, Ph.D., LP, LMSW, CCATP, for a comprehensive step-by-step clinical training on how you can revolutionize your anxiety treatment approach with the power of neuroplasticity.

More than just the neurobiological “whats and whys,” you’ll also learn the “hows” of actual treatment – so you’ll know exactly how to empower your clients with strategies to resist anxiety-igniting cognitions.

You'll leave this program confident in your ability and be fully prepared to integrate brain-based strategies that motivate lasting change for calming the mind – even in your most anxious, worried, or obsessive clients.

Sign up today!

Become CCATP Certified!

Upon completion of Dr. Donarski's 2-day course you will have met the full education criteria for CCATP (Certified Clinical Anxiety Treatment Professional) certification through The Institute of Certified Anxiety Treatment Professionals (ICATP). See inside for more details or visit www.icatp.com.



BECOME CERTIFIED!

This seminar meets ALL the education hours when applying for certification as a Certified Clinical Anxiety Treatment Professional (CCATP).

Visit icatp.com for the full certification requirements.

Live Event Learning Objectives

1. Ascertain the underlying neurological processes that impact anxious symptoms for clients.
2. Teach clients the neurological processes underlying anxiety in a clearly understandable manner that enhances client motivation.
3. Develop client engagement in treatment using personalized goals and attending to the therapeutic relationship.
4. Incorporate personalized goals to increase client engagement and focus client efforts on making lasting changes in the brain.
5. Evaluate the differences between amygdala-based and cortex-based anxiety symptoms and identify how these symptoms inform treatment interventions.
6. Communicate strategies for calming and training the amygdala to alleviate symptoms of anxiety.
7. Implement methods for teaching clients to retrain the cortex so that anxiety is resisted rather than exacerbated.
8. Select appropriate treatment interventions by determining whether the client is experiencing rebound anxiety or relapse symptoms.
9. Analyze how psychotropic medication impacts neuroplasticity in the brain; identify related treatment implications.
10. Reframe exposure as an opportunity to teach the amygdala new responses to improve client engagement and treatment compliance.
11. Present client education exercises that can be utilized in session to train clients in the use of mindfulness techniques.
12. Provide clinical strategies for managing comorbid depression that reduce worry, rumination, and common cognitive errors while promoting positive thinking and social interaction.

Live Course Schedule (Both Days)

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.

Target Audience:

Psychologists • Social Workers • Counselors
 Addiction Counselors • Marriage and Family Therapists
 Psychiatric Nurses and Nurse Practitioners
 Occupational Therapists • Occupational Therapy Assistants

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 Val Whitehead at vwhitehead@pesi.com or call 715-855-8166.

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 \$60 cancel fee. Substitutions are permitted at any time.



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ANXIETY

CERTIFICATION COURSE

2-DAY LIVE EVENT

ALBUQUERQUE, NM
 MONDAY & TUESDAY
 NOVEMBER 11 & 12, 2019

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 Details Inside

Live Event Outline

Using Neuroscience in the Treatment of Anxiety

- Positives:
 - Causes and treatments known
 - Can explain the neurological symptoms
 - Science provides evidence, authority
 - De-stigmatizes disorders
- Clinician concerns:
 - You don't have to be a neuroscientist
 - Oversimplification is inevitable
 - Finding the right level of explanation is essential

Enhancing Engagement in Treatment

- Don't neglect the therapeutic relationship
- Focus on personalized goals
- Address the challenges of anxious clients
- Remember that strategies are effortful
- Guide the process using client's goals
- Maintain motivation

Neuroplasticity

- Defined in everyday language
- Neurologically informed therapy goal
 - "Change the brain" in desired ways
 - Make the brain more resistant to anxiety
 - Create a new self
- Re-consolidation: The modification of emotional memories

Neuropsychologically Informed CBT

- Strategies can be used to effectively "rewire" the brain
- Long history of evidence supporting efficacy
- Skills-based approach
- Strong focus on the present
- Psychoeducation is essential

Identify the Two Neural Pathways to Anxiety

- Amygdala – bottom-up triggering of emotion, physicality of anxiety
- Cortex – top-down emotion generation based in cognition
- How to explain the pathways to clients
- How anxiety is initiated in each pathway
- The pathways influence on each other

Client Friendly Explanations

- Use illustrations to create concrete understanding
- Fight/flight/freeze responses
- The "language of the amygdala"
- Anxiety and the cortex
- Help clients recognize the two pathways

Neuroplasticity in the Amygdala

Essential for all Anxiety Disorders, PTSD, OCD, Depression

- Sleep and the amygdala
- The influence of exercise
- Breathing techniques to reduce activation
- Relaxation, meditation, and yoga to modify responses
- Exposure as opportunities for the amygdala to learn
- Combatting avoidance
- Indications that the amygdala can learn new responses
- Push through anxiety to change the amygdala

Neuroplasticity in the Cortex

Essential for GAD, SAD, OCD, PTSD, Depression

- "Survival of the busiest" principle
- Strengthen or weaken specific circuitry
- The healthy (adaptive) use of worry in the cortex
- "You can't erase: You must replace"
- Recognize and modify the impact of uncertainty
- Training correct uses of distraction
- Left hemisphere techniques
 - Cognitive defusion
 - Coping thoughts
 - Fighting anticipation
- Right hemisphere techniques
 - Imagery
 - Music
- Mindfulness and anxiety resistances

Neuroplasticity and Medications for Anxiety Disorders, OCD, PTSD, Depression

- Medication's effects in the rewiring process
- The myth of the chemical imbalance
- The danger of sedating the brain with benzodiazepines
- Promote neuroplasticity with SSRIs, SNRIs
- The effectiveness of CBT and meds

Moving Beyond Diagnostic Categories to Focus on Anxiety Pathways

- Address anxiety as a component of many diagnoses
 - Depression, substance abuse, etc.
- Amygdala and cortex-based techniques that can help in other disorders
- Target brain-based symptoms rather than disorders
- Worry, obsessions, rumination respond to similar cortex-based techniques
- Panic, phobic responses, compulsions respond to amygdala-based techniques

Research, Risks and Limitations

Live Event Speaker

Janene M. Donarski, PhD, LP, LMSW, CCATP, is a fully licensed clinical psychologist and licensed master social worker who works in counseling therapy as well as psychological testing for mental health issues. Dr. Donarski specializes in neuropsychological assessment of children, adolescents, adults and geriatric populations including head injury, organic issues, emotional and complex behavior disorders. Dr. Donarski works extensively with anxiety issues including panic, hypervigilance and PTSD. She trains others in techniques of relaxation, reduction of fear, and exposure therapies to reduce triggers and symptoms in daily life. She assists in testing within the academic areas including ADHD, learning disabilities and autism for IEPs and/or 504 plans/behavior plans. Dr. Donarski works with all populations in counseling/therapy, including individual, marital/ couple, family, LGBTQ, and group counseling. She is a certified EMDR Level II counselor, as well as a certified hypnotherapist and practitioner for Neuro-Linguistic Programming and Time Line Therapy®. Dr. Donarski is also experienced in working with victims of violence, foster care/adoption issues, sexual issues, as well as those who are seeking sex offender treatment. She often works with attorneys as a forensic psychologist/expert witness for legal cases involving custody, guardianship, social security benefits, and criminal cases. Dr. Donarski has spoken on a variety of mental health issues, including somatic ailments, behavioral disorders and mental health concerns in the geriatric population.

Speaker Disclosures:

Financial: Janene Donarski has an employment relationship with Family Therapy & Development Centers, Inc. She receives a speaking honorarium from PESI, Inc.
Non-financial: Janene Donarski is a member of the American Psychological Association; Michigan Psychological Association; and National Association of Social Workers.

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56 CBT & Mindfulness Strategies to Release Anxiety

By Jennifer L. Abel, Ph.D.

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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.

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.

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Live Seminar Continuing Education 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 all 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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION 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.

NEW MEXICO COUNSELORS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/74780.

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.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

NEW MEXICO OCCUPATIONAL THERAPISTS: This course has been submitted to the State of New Mexico Board of Examiners for Occupational Therapists for review. 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. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. 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.

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.



BECOME CERTIFIED!

2 Easy Steps to Certification

- Attend this 2-day Anxiety Treatment live event with Janene Donarski, Ph. D., L.P., LMSW, CCATP
- Apply for CCATP certification with The Institute of Certified Anxiety Treatment Professionals (www.icatp.com).

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

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☐ **\$499.99** (+ tax in NM) standard tuition per person

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____ **The Anxiety, Worry & Depression Workbook*** \$29.99 (PUB085375)

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*Shipping is \$6.95 first item + \$2.00 each add'l item.

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