

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

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.

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.

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ANXIETY,
WORRY &
PANIC

Effective Strategies to Calm the Anxious Mind

LITTLE ROCK, AR
Thursday
November 14, 2019

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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

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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.



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 \$30 cancel fee. Substitutions are permitted at any time.

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

- Courtney, Psychotherapist, WI


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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.



BECOME CERTIFIED!

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Questions? Visit pesi.com/faq or e-mail us at info@pesi.com

Live Seminar 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 cepsi@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.

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Oklahoma Alcohol & Drug Counselors: PESI, Inc. is an Oklahoma Board of Licensed Alcohol and Drug Counselors approved provider #20190032. This activity consists of 6.25 clock hours of continuing education instruction.

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.

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Oklahoma Licensed Professional Counselors and Marital & Family Therapists: PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

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.

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Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 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.



Psychologists: This activity consists of 6.0 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 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

Speech-Language Pathologists: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

Speech-Language Pathologists Only: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" while completing the online post-test/evaluation, please send an email to cepsi@pesi.com with the following information: full title of the activity, speaker name, date of live activity, date you completed the post-test, and your name and your license number. If you did answer yes, you do not need to do anything further.

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 6.25 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 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.



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