CERTIFIED CLINICAL ANXIETY TREATMENT PROFESSIONAL Two-Day Competency Training

Transform your practice with this intensive 2-day Anxiety
Treatment Certification training and get the skills, proven strategies, and interventions you need to take your treatment of anxiety to the next level!

You'll learn how to more skillfully assess clients, differentiate between various anxiety presentations, fully engage clients in treatment, and effectively use tools from CBT, mindfulness, Motivational Interviewing, and contemplative practices to enhance clinical outcomes.

And expert guidance on combining brain-based principles, bodyoriented techniques and traditional psychotherapeutic approaches will change the way you work with challenging clients whose anxiety is exacerbated by shame, self-judgement, and attachment issues.

Plus, completion of this two-day training meets the educational requirements should you choose to apply to become a **Certified Clinical Anxiety Treatment Professional (CCATP)** (visit the Institute of Certified Anxiety Treatment Professionals at www.icatp.com for full details and certification requirements).

Sign up today, get the proven tools and techniques needed to move your most challenging anxiety clients forward!

Course & Webcast Schedule - for both days (Times listed in Eastern)

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.



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.*

Objectives

- Establish how stories and metaphors can be used as psychoeducational tools to explain the physiology of anxiety, and how contemplative approaches impact the anxious brain and body.
- Articulate distinctions in differentiating among anxiety disorders and assessing physical symptomatology.
- Provide an explanation of how medication impacts neuroplasticity and determine when medication serves to enhance or derail anxiety treatment.
- Specify how individualized, awareness-based interventions can be used by clinicians to enhance client efforts towards change and reduce avoidance.
- Communicate how evidence-based contemplative approaches can address self-judgment worry, and negative thinking that can exacerbate anxiety symptoms.
- Characterize how visual meditations can increase clients' ability to focus attention and reduce rumination.
- Analyze the research on the impacts of meditative movement on anxiety symptomology.
- Establish how breathing practices can interrupting obsessive thinking, ritualized behaviors, and reassurance seeking.
- Specify how treatment plans that employ reframing techniques can interrupt anxietyproducing thoughts.
- Assess whether attachment style impacts treatment outcomes amongst clients undergoing treatment for social anxiety disorder.
- Communicate how script-based, brief deep relaxation exercises can be implemented to increase feelings of safety and enhance emotional regulation.
- Explore how journaling can be used as a clinical tool to shift clients away from anxious thoughts and toward action-oriented change.

Speaker

Debra Premashakti Alvis, Ph.D., is a licensed psychologist and private practitioner who developed and led the Mind/Body Program at the University of Georgia that specializes in addressing anxiety, stress and depression in individuals with physical health concerns and co-morbid mental health issues.

In more than 25 years of clinical experience in treating clients with anxiety, Dr. Alvis has found that she can help clients recover from anxiety more quickly, and more effectively sustain the gains made in therapy, by combining brain-based principles, body-oriented techniques and traditional psychotherapeutic approaches.

Dr. Alvis lectures and leads retreats around the world. Her trainings have helped thousands of clinicians to integrate the richness of contemplative practices and somatic psychotherapies with cognitive approaches for greater clinical effectiveness.

Dr. Alvis maintains a private practice in Georgia where she treats clients with anxiety, trauma, shame, depression and relational concerns. She also continues to work as a professor at the University of Georgia where she supervises the clinical work of doctoral students and co-leads a research team investigating mindfulness.

Speaker Disclosure

Financial: Debra Premashakti Alvis is in private practice. She receives compensation as a Professor for the University of Georgia. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Premashakti Alvis has no relevant non-financial relationship to disclose.



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Two-Day Competency Training

FAIRFAX, VA

Thursday & Friday November 21 & 22, 2019

LIVE VIDEO WEBCAST

Thursday & Friday November 21 & 22, 2019



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Two-Day Competency Training

- Take your treatment of anxiety to the next level!
- Cognitive and body-based techniques that work
- Effective approaches for anxiety exacerbated by shame and attachment issues

BECOME CERTIFIED



This seminar meets the educational requirements when applying for certification as a Certified Clinical Anxiety Treatment Professional (CCATP) through the Institute of Certified Anxiety Treatment Professionals.

Full certification requirements available at icatp.com.

FAIRFAX, VA

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The Neurophysiology of Anxiety

Cognitive & amygdala pathways to anxiety Autonomic nervous system responses Polyvagal Theory

Serotonin, dopamine and neurotransmitters The role of brain derived neurotropic factors The impacts of sleep and nutrition on the anxious

Assessment and Differential Diagnosis

DSM-5 classification of anxiety Disorder Assessment from the whole person perspective Clinical approaches for ambiguous anxiety presentations

Phobia vs. OCD

Trauma, Axis II, or both? Distinguish anxiety from agitated depression

Biological Treatment of Anxiety: Impacts of Psychopharmacology & Nutraceuticals

How medication impacts neuroplasticity Frequently prescribed medications Common side effects Evidence-based supplements

From Avoidance to Proactivity: **Strategies to Engage and Sustain Client** Motivation

Illustrate neuroscience concepts with stories & metaphors

Link contemplative practices to brain change Address impasses with awareness based interviewing

Reframes – replacing old neural patterns Co-create meaningful, values based-goals

Motivational Interviewing for Anxiety Treatment: Mobilizing & Sustaining Change

Elicit change talk Elaborate on change indicators Coalesce motivation for exposure treatment Renew motivation when fear arises

Techniques to Address the Cognitive Pathway to Anxiety

Strategies to dismantle automatic thoughts, core beliefs

How to unwind troublesome thinking patterns When life feels overwhelming – stemming the tide techniques

Hassle-Free Cancellation Policy:

Apply Chain Analysis - when and how

Relaxation Skills:

Help Clients Develop an Anxiety Resistant Brain

Wire in relaxed, alert mood with deep relaxation Letting go with moment to moment exercises Breath and movement strategies to deactivate panic

Antidotes to Shame, Guilt and Self-Judgement How shame and self-judgement exacerbate anxiety

Tools to identify anxiety fuel Appropriate & inappropriate guilt Anxiety interventions for the shame prone client Ease shame intensity with body witnessing and observing skills

Self-compassion inquiry - inviting in parts of the self Counteract anxiety with gratitude

Attachment Anxiety

Untangle developmental roots Contemplative applications - the Polyvagal Theory Techniques to prime secure attachment

Movement and Visual Meditations for Anxiety

Visual meditations for specific clinical concerns Prepare with movement, imagery and sound Draw from inner resources

Instill a new perspective with movement and

Individualized follow-up assignments

Mindful Recovery Tools for GAD and Social Anxiety

Three steps for moving from reactivity to responsiveness

Interrupt the worry cycle: from the meditation cushion to daily life

Mindful exploration – predictions vs. what happened

Bring curiosity to perceptions Prime secure attachment for social anxiety

Meditation for OCD Management

How clients can recognize excessiveness Titrate exposure with breathing practices Reduce repetition with mindful response prevention Overcome obsession with mantra & breath

Research and Limitations

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 \$60. Substitutions are permitted at any time.

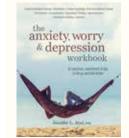
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Melt Worry and Relax Card Deck

56 CBT & Mindfulness Strategies to Release Anxiety By Jennifer L. Abel, Ph.D.

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.



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.

More info and resources at www.pesi.com

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on November 21 & 22, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materia are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit www.pesi.com/webcast/76075

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

Target Audience

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

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Course on CD or DVD Package:

If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Course 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 vour continuing education requirements and check for reciprocal approval. For 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.

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.

Maryland Counselors: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.



Virginia Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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

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.

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.

Psychologists/School Psychologists: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

Social Workers: PESI, Inc., #1062, is approved to offer **ØACE** social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACF 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

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.

Certified Clinical Anxiety Treatment Professional: Two-Day **Competency Training**

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\$439.99 per person postmarked 3 weeks prior to event <u>or</u> per person for 2 or more preregistering together

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

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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

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 for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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