

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, body-oriented 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 anxiety-producing 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 Disclosures:

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

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CERTIFIED CLINICAL ANXIETY TREATMENT PROFESSIONAL

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.

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