

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 Schedule - for 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.



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 symptomatology.
- 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.

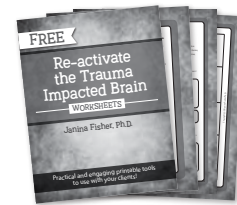
Speaker Disclosures:

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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CERTIFIED CLINICAL ANXIETY TREATMENT PROFESSIONAL

Two-Day Competency Training

NEW YORK, NY

**Thursday & Friday
December 5 & 6, 2019**



Register now! pesi.com/express/75419

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.

NEW YORK, NY

**Thursday & Friday
December 5 & 6, 2019**



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Outline

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 brain


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
Apply Chain Analysis – when and how



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 \$60. Substitutions are permitted at any time.

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 Relief
Visual meditations for specific clinical concerns
Prepare with movement, imagery and sound
Draw from inner resources
Instill a new perspective with movement and writing
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

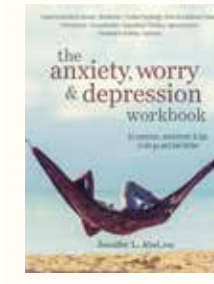
Meditation for OCD Management
How clients can recognize excessiveness
Titrate exposure with breathing practices
Reduce repetition with mindful response prevention
Overcome obsession with mantra & breath

Research and Limitations

*SAVE by Including These Products with Course Registration!


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**

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

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 **Ryan Bartholomew** at **rbartholomew@pesi.com** or call at **715-855-8225**.

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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 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 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.

New York Addiction Professionals: This course has been submitted to OASAS for review.

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 Jersey 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.

New York Counselors: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.

New York Marriage & Family Therapists: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

Psychologists: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

New York Psychologists: This live activity consists of 760 minutes of continuing education instruction and is related to the practice of psychology.

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.

New Jersey Social Workers: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75419.

New York Social Workers: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.



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BECOME CERTIFIED!
This seminar meets the education hours when applying for certification as a Certified Clinical Anxiety Treatment Professional (CCATP).
Visit icatp.com for the full certification requirements.

ADA Needs:
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 seminar.

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.

• Groups of 5 or more: Call 800-844-8260 for discounts.

Certified Clinical Anxiety Treatment Professional: Two-Day Competency Training

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