# **Outline**

# **Assessment and Differential Diagnosis**

The neurobiological causes of panic, generalized anxiety and social anxiety that help select treatment

Identifying lifestyle and life history causes of

The impact of insomnia in generalized anxiety

# **Techniques That Work to Modulate Physiology**

The right way to teach and use diaphragmatic breathing

Develop the 4 competencies of stress management

Four important lifestyle changes everyone can make to reduce anxiety

Treatment approaches that change brain function for long-lasting recovery with a focus on memory reconsolidation and its importance to planning exposures

# **Techniques for Treating Cognitive Problems of Anxiety and Panic**

The best thought-replacement methods for worry and rumination Clear the mind of ruminative and racing

thoughts, including health anxiety Identify the person with "Too Much Activity" Modify the impact of constant technology use How to stop worry before it happens

# **Techniques for Managing Social Anxiety**

Address the relationship between the desire for significance and social anxiety in Millennials and the iGen

Special considerations for treating different age groups: the Millennials, iGen and aging

Apply the "3 C's – Calm, Competent, and Confident" model to construct treatment for social anxiety

Structure cognitive change through planned "counter-cognitions"

Apply 'in vivo exposure' techniques that optimize recovery from social anxiety

# Limitations of the Research and **Potential Risks**

## LIVE SEMINAR SCHEDULE

**7:30 a.m.** Registration/Morning Coffee & Tea

**11:50 a.m. -1:00 p.m.** Lunch (on your own)

8:00 a.m. Program begins

**4:00 p.m.** 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 the neurobiological causes of panic, generalized anxiety and social anxiety and ascertain how this information impacts treatment decisions.
- 2. Implement strategies for stress management to reduce symptoms of anxiety in clients, including lifestyle changes, cognitive interventions and time management tools.
- 3. Model effective use of diaphragmatic breathing techniques for physiological modulation in the treatment of anxiety.

**Questions?** 

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- reconsolidation assists clients in identifying their anxiety triggers and interrupt the common cognitions that often lead to panic attacks.
- address persistent worry and understand how this changes the neurobiology of ruminative thought patterns in clients.
- 6. Utilize cognitive therapy interventions with clients to manage perfectionism, procrastination and rigid approaches to problems.

Counselors • Marriage and Family Therapists Case Managers • Addiction Counselors • Therapists

4. Communicate how memory

5. Integrate specific clinical techniques to

# **Target Audience:**

Social Workers • Psychologists • Psychiatrists Nurses • Other Mental Health Professionals

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





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# Ten Best-Ever ANXIETY TREATMENT TECHNIQUES

Margaret Wehrenberg, Psy.D., author of The 10 Best-Ever Anxiety **Management Techniques** 

# PROVIDENCE, RI

Tuesday, January 21, 2020

TRUMBULL, CT Wednesday, January 22, 2020

CROMWELL, CT Thursday, January 23, 2020



# ANXIETY TREATMENT TECHNIQUES The Ten Best-Ever Anxiety Treatment Techniques will

• Stop panic in its tracks

• Make four important lifestyle changes that get rid of tension and stress

give you and your clients what you need to...

TEN Best-Ever

- Identify and work with perfectionism in anxious clients
- Resolve anger and guilt common to generalized anxiety
- Eliminate ruminative worry
- Stop avoiding the feeling of fear and face up to it with confidence

# featuring

Margaret Wehrenberg, Psy.D. author of The 10 Best-Ever Anxiety Management Techniques

> PROVIDENCE, RI Tuesday, January 21, 2020

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# Dr. Margaret Wehrenberg will assist you in shaping the 10 best-ever anxiety techniques to your needs and will discuss:

- How to apply the techniques in difficult cases
- How these techniques apply to different age groups
- · How these techniques can help with clients who have co-morbid diagnoses
- How to use these techniques with groups or individuals and in different types of psychological services: private practice, hospital units, classrooms, nursing facilities, etc.

TEN Best-Ever

This fresh approach will give you a complete set of tools to work with anxiety symptoms. Cutting-edge research tells clinicians not only what is new, but also tells us why what we have done best over the years works to help clients achieve positive results in therapy. In this seminar, you will learn, practice and be ready to apply 10 techniques that really work to stop symptoms of panic, worry and social anxiety.

These 10 proven methods can control most symptoms of panic, generalized anxiety and social anxiety. Through in-seminar practice and discussing case vignettes to illustrate their applications you can make them strong, effective and lasting interventions. Methods that control physiology: diaphragmatic breathing, reducing tension, and mindful awareness to offset panic or acute anxiety can be easy to learn but not simple to apply. We will discuss how to make them effective with different age groups and difficult clients to obtain the best results for calming panic and dread. Likewise, controlling the cognitive problems of anxiety, such as catastrophizing or ruminatively worrying, challenge most with anxiety. Learn powerful techniques that cool off worry ("worry well and only once!" "knowing, not showing anger"), and challenge faulty cognitions, the obstacles to improving panic and social anxiety ("counter cognitions", etc.). You can help your clients identify and change the ways they avoid their social anxiety. Case examples will clarify planned re-entry to triggering situations, handling the stress of preparation and conducting 'in vivo exposure'.

# Speaker

Margaret Wehrenberg, Psy.D., a licensed clinical psychologist, is the author of 6 books on the treatment of anxiety and depression, including her most recent book for the general public, The 10 Best Anxiety Busters. An expert on the treatment of anxiety and depression, she also has extensive training and expertise in the neurobiology of psychological disorders. She earned her M.A. specializing in psychodrama and play therapy with children. Dr. Wehrenberg has years of experience as a drug and alcoholism counselor, working with the U.S. Army in Germany and Lutheran Social Services in Illinois. She also has training in trauma treatment, EMDR and Thought Field Therapy. She has a private psychotherapy practice in Naperville, IL, specializing in treating anxiety.

In addition to clinical work, she coaches business professionals on managing anxiety, she frequently contributes articles for The Psychotherapy Networker magazine, and she has produced Relaxation for Tension and Worry, a CD for breathing, muscle relaxation and imagery to use with anxious clients. Her book The 10 Best-Ever Anxiety Management Techniques, published by W.W. Norton, is a consistent top seller for anxiety management . You can find her on the web at www.margaretwehrenberg.com.

Financial: Margaret Wehrenberg maintains a private practice. She is an author with W.W. Norton publishing and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Margaret Wehrenberg is a member of the American Psychological Association and the Anxiety Disorder

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# The 10 Best-Ever Anxiety Management Techniques, 2nd Edition By Margaret Wehrenberg, Psy. D., Your Presenter!

Addressing physical, emotional, and behavioral symptoms, Margaret Wehrenberg, a leading mental health clinician, draws on basic brain science to highlight the top ten anxiety-defeating tips. Everything from breathing techniques and mindful awareness to cognitive control and self-talk are included-all guaranteed to evict your anxious thoughts.



# **You Can Handle It:** 10 Steps to Shift Stress from Problem to Possibility By Margaret Wehrenberg, Psy. D., Your Presenter!

Other books may give you quick tips and promise success, but You Can Handle It tells you why these techniques work on the brain, and gives you step-by-step directions, worksheets, and scripts that will make implementing these methods feel effortless.

In You Can Handle It, Dr. Wehrenberg offers realistic, simple and highly satisfying how-to's to eliminate bad stress from your life, and how to use the good stress for leverage in all arenas of your life.



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**SOCIAL WORKERS:** PESI, Inc., #1062, is approved **⊕ACE** 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.

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