

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 anxiety
- 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

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.
4. Communicate how memory reconsolidation assists clients in identifying their anxiety triggers and interrupt the common cognitions that often lead to panic attacks.

5. Integrate specific clinical techniques to 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.

Questions?

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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 adults
- 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

8:00 a.m.

Program begins

11:50 a.m. - 1:00 p.m.

Lunch (on your own)

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.

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TEN Best-Ever ANXIETY TREATMENT TECHNIQUES

featuring

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

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Thursday, January 23, 2020



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TEN Best-Ever ANXIETY TREATMENT TECHNIQUES

The Ten Best-Ever Anxiety Treatment Techniques will give you and your clients what you need to...

- Stop panic in its tracks
- Make four important lifestyle changes that get rid of tension and stress
- 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

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