

Outline

Treatment Strategies

Prepare Clients for Treatment

- Disarm the fear of treatment
- Discover the Anxiety Trick
- Experiment with exposure and acceptance
- Empathy requires a phobic viewpoint

Schools of Treatment

- CBT methods to review outcomes and plan experiments
- ACT methods to promote acceptance of discomfort and action
- Metacognitive Therapy methods to disengage from arguing with anxious thoughts
- Paradoxical methods to encourage exposure

Use Your Body

- Belly breathing the right way
- Don't take it lying down
- What's your job when you're anxious?
- Replace destructive protection with valued actions
- The rule of opposites

Interacting with Your Mind

- The problem with correcting thoughts
- Uncle Argument at the banquet
- Disengage from "what if?"
- Change your relationship with worry

Train Your Brain

- Work with your amygdala
- The real purpose of exposure
- Undoing safety behaviors
- Being AWARE

Treating Anxiety Disorders

Panic Disorder

- What maintains it? How to end it.
- Hope and help for demoralized clients
- Get unstuck from the "Why?" questions
- 3 powerful questions

Social Anxiety Disorder

- The self-centered phobia
- Whose thoughts bother you?
- Secrecy is a safety behavior
- Would you like to try an experiment?
- Compassion for self

Generalized Anxiety Disorder

- The two types of worry
- The Mad Libs of anxiety
- Paradoxical thought experiments
- Don't even think of thought stopping
- Worry appointments and exposure methods for worry

Specific Phobias

In vivo exposure for:

- Fear of flying
- Fear of public speaking

Research Limitations and Risks of Psychotherapeutic Approaches

Live Seminar & Webcast Schedule

(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.

Objectives

1. Communicate how anxiety can impede clients' ability to engage in treatment and utilize clinical strategies to alleviate this issue.
2. Analyze the efficacy of various anxiety treatment approaches, including CBT, ACT, Metacognitive Therapy and paradoxical methods.
3. Implement clinical techniques to address clients' thoughts, feelings and behavior that underlie anxiety, including shame, blame and excessive self-protection.
4. Teach a simple breathing technique that both decreases acute anxiety symptoms and serves as a metaphor for management of future anxiety.
5. Apply simple yet effective clinical interventions in session to help clients acquire a new perspective of chronic anxiety and a more adaptive approach to managing symptoms.
6. Utilize specific behavioral interventions to decrease symptoms of Panic Disorder, Social Anxiety Disorder, Generalized Anxiety Disorder, and Specific Phobias.

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CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

CHARLOTTE, NC
Wednesday, August 12, 2020

RALEIGH, NC
Friday, August 14, 2020

WINSTON-SALEM, NC
Thursday, August 13, 2020

LIVE VIDEO WEBCAST
Friday, August 14, 2020

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CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

Featuring Anxiety Treatment Expert and Author,
David Carbonell, Ph.D.

- Create effective strategies using ACT, CBT, Metacognitive and Paradoxical therapies
- Help clients quiet their mind and relieve chronic worry
- Effectively treat panic disorder
- Eliminate the barriers of social anxiety
- Overcome fears of flying and public speaking

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Target Audience: Social Workers • Psychologists • Counselors • Occupational Therapists
Occupational Therapy Assistants • Speech-Language Pathologists • Marriage and Family Therapists
Case Managers • Addiction Counselors • Therapists • Nurses • Other Mental Health Professionals



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CHRONIC ANXIETY

Chronic anxiety disorders all involve a “threat” that doesn’t occur. Panic attacks don’t kill, obsessive doubts about the stove don’t cause fires, social anxiety doesn’t lead to disgrace and isolation, worry doesn’t lead to insanity. The feared outcomes recede into the future the way an optical illusion recedes into the horizon.

Why are anxiety disorders so powerfully chronic? It’s because chronically anxious clients get tricked by their own efforts to avoid, distract from, and protect against the perceived dangers. When the dangers don’t come to pass, they believe they had a narrow escape from a terrible calamity, and feel more vulnerable going forward rather than less. They become increasingly afraid of more and more improbable events. What we call the “anxiety disorders” could be more accurately termed “the disorders of excessive self-protection”, because that’s how they function!

How can you help them recover? By teaching them how to disengage from the self-protective behaviors that trick them. Attend this workshop and learn how to help your anxious clients find the evidence of this in their own lives, so you can help them approach and accept, rather than avoid and resist, the experience of anxiety.

This workshop will teach you to empower your anxious clients to see themselves as good, capable people who have been fooled by anxiety, rather than defective people who need protection. Discover how to motivate your clients to seek out, rather than avoid, the corrective experiences they need for recovery. Take home effective strategies from Acceptance and Commitment Therapy, Paradoxical Therapy, Metacognitive Therapy, and traditional CBT to help your clients rediscover the hopes and dreams they had for life before they were derailed by their struggle against anxiety. You, and your clients, will be glad you did!

Speaker

Effective treatment methods for anxiety disorders were just starting to enter the mainstream when **David Carbonell, Ph.D.**, began his career as a psychologist over 25 years ago. He’s been helping people overcome fears and phobias, and developing new treatment strategies, ever since. Blending humor, compassion, and acceptance with cognitive behavioral methods, Dr. Carbonell, a sought after presenter, has taught his unique treatment methods to more than 5,000 mental health professionals at workshops across the country.

Dr. Carbonell is the “Coach” at www.anxietycoach.com, a popular self help site, as well as the author of *The Worry Trick* (New Harbinger Publications, 2016) and *Panic Attacks Workbook* (Ulysses Press, 2004). He’s the founding member of The Therapy Players, an improvisational comedy troupe of psychotherapists, and a frequent speaker at annual conferences of the Anxiety and Depression Association of America. He has a unique blend of CBT, ACT, Metacognitive Therapy to offer people with anxiety disorders, and the professionals who treat them, and it’s his goal for you to leave armed with an approach, and numerous specific tools, that you can use the next day.

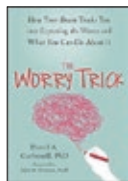
Clinicians rave about David’s guiding formulation of the Anxiety Trick, the simple, humorous language with which he describes it, and the way he helps you translate it into practical, powerful interventions. Join him for a day and go home ready to use innovative new strategies for helping anxious clients, bypassing many of the usual obstacles to progress as you guide your clients to recovery.

Speaker Disclosure:

Financial: David Carbonell maintains a private practice. He receives royalties as an author for Ulysses Press. Dr. Carbonell receives a speaking honorarium from PESI, Inc.

Non-financial: David Carbonell has no relevant non-financial relationship to disclose.

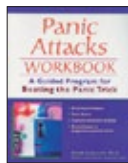
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The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It

By David Carbonell, Ph.D., **Your Presenter!**

Are you truly in danger or has your brain simply “tricked” you into thinking you are? In *The Worry Trick*, psychologist and anxiety expert David Carbonell shows how anxiety hijacks the brain and offers effective techniques to help you break the cycle of worry, once and for all. Anxiety is a powerful force. It makes us question ourselves and our decisions, causes us to worry about the future, and fills our days with dread and emotional turbulence. Based in acceptance and commitment therapy (ACT) and cognitive behavior therapy (CBT), this book is designed to help you break the cycle of worry.



Panic Attacks Workbook: A Guided Program for Beating the Panic Trick

By David Carbonell, Ph.D., **Your Presenter!**

Panic is an insidious trick that makes your clients fear simple, everyday things: driving, shopping, socializing, traveling and more. The first attack comes out of nowhere, and then panic tricks them into responding in precisely the ways that invite the panic back, again and again. The panic trick is highly effective and has drawn millions of people into panic attacks and phobias. You can help your clients outsmart and beat this trick. This book shows you how, with a step-by-step guide from panic to recovery. The proven methods in this book show how to identify the panic trick and empower your clients with the tools to address their fears and solve this debilitating problem.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on August 14, 2020, for this live, interactive webcast!

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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.

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SOUTH CAROLINA COUNSELORS: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 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.

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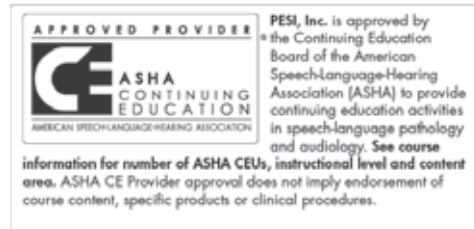
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SOUTH CAROLINA PSYCHOLOGISTS: This course is designed to meet the Category B Requirements of the South Carolina Department of Labor, Licensing, and Regulation, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 380 minutes of continuing education instruction.



SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

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OTHER PROFESSIONS: This activity qualifies for 380 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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**CHRONIC ANXIETY:
POWERFUL TREATMENT METHODS TO BREAK THE ANXIETY CYCLE**

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