

Outline

Neurobiological Basis of Panic, Worry & Anxiety

- Why & how psychotherapy works to “use the brain to change the brain”
- Pragmatic application of neuroscience to provide effective treatment
- Presentation of anxiety when comorbid with depressions
- Identify lifestyle contributions to anxiety
 - Impact of cannabis, caffeine, alcohol, tobacco/vaping, sugar
 - Physical conditions that mimic panic
- Explore potential uses for medication
 - When to refer for medication
 - Discontinuing medication under medical guidance

Purpose of Worry

- FOUR reason worry persists and the methods to manage those
- Cognitive interventions to reduce persistent rumination
- Eliminating worry: TWO methods to “contain worry”

Techniques That WORK to Modulate Physiology

- FOUR important lifestyle changes to reduce anxiety
- Treatment approaches that change brain function for long lasting recovery
- Activate the brain’s Default Mode Network (DMN) to increase cognitive flexibility & creative problem solving
- The right way to teach & use diaphragmatic breathing
- Use the Protocol, Predict, Prepare & Plan, to eliminate panic
- Develop the FOUR competencies of stress management
 - Eliminate stressors - Impact of constant technology use
 - Screen time, gaming, texting
 - Respond to new fears created/ exacerbated by social media
 - Managing time & environment
 - Managing attitude
 - Rest & relaxation: Including the powerful Attention Restoration Theory
- Use the powerful, science-based protocol for memory reconsolidation to create successful exposures

- Change catastrophic thinking
- Utilize Mindful Awareness techniques to improve social anxiety fear
- Apply the “3 C’s” model to construct treatment for social anxiety
- Employ techniques for mindfulness to improve the response to exposure methods

Techniques for Treating Cognitive Problems of Anxiety & Panic

- The best thought-replacement methods for worry & rumination
- Identify the person with “Too Much Activity”
- Tools to reduce generalized anxiety in the highly active person
- Cognitive approaches that can intervene on anxiety-producing perfectionism and procrastination that interact with Generalized Anxiety Disorder

Techniques for Managing Social Anxiety

- Address the relationship between the desire for significance & social anxiety in Millennials and the iGeneration
- Special considerations for treating different age groups, from children to aging clients
- Identify negative internal dialogue & apply methods from rational emotive therapy to counteract that
- Structure cognitive change through planned “counter-cognitions”
- Construct “In vivo exposure” techniques that optimize recovery from social anxiety at every age
- Utilize Emotional Freedom Techniques & “Tapping In” to diminish anticipatory anxiety

Limitations of the Research & Potential Risks

“The day went by so quickly with Margaret’s excellent examples and great sense of humor! I left with techniques I could immediately use with my clients.”

Live Seminar Schedule

- 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.

Target Audience

- Social Workers
- Psychologists
- Counselors
- Marriage and Family Therapists
- Case Managers
- Addiction Counselors
- Therapists
- Nurses
- Psychiatrists
- Other Mental Health Professionals

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Tuesday, June 23, 2020

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The Ten Best-Ever Anxiety Treatment Techniques, 2nd Ed.

- The Latest Research on Neuroscience including Default Mode Network (DMN) and Memory Reconsolidation
- Identify and Treat Perfectionism & Procrastination
- Comprehensive Techniques to Stop Rumination & Eliminate Panic
- Help Clients to Stop Avoiding the Feeling of Fear & Face Up to it with Confidence
- Practical Strategies you can Immediately Apply with all Clients

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