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

Eliminating worry: TWO methods to "contain

Techniques That WORK to Modulate Physiology

FOUR important lifestyle changes to reduce

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

Target Audience

Marriage and Family Therapists

Other Mental Health Professionals

Social Workers

Case Managers

Therapists

Psychiatrists

Nurses

Addiction Counselors

- 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

Structure cognitive change through planned "counter-cognitions"

Construct "In vivo exposure" techniques that optimize recovery from social anxiety at

Utilize Emotional Freedom Techniques & "Tapping In" to diminish anticipatory anxiety

Limitations of the Research & Potential

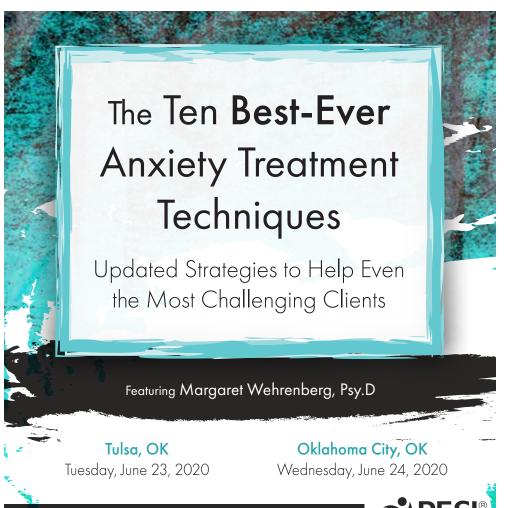
"The day went by so quickly with Margaret's excellent examples and great sense of humor! I left with techniques I could immediately use with my clients."

 Psychologists Counselors

A more detailed schedule is available upon request.

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The Ten Best-Ever **Anxiety Treatment** Techniques

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- 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

Tulsa, OK • Tuesday, June 23, 2020

Oklahoma City, OK • Wednesday, June 24, 2020





Loaded with

Case Examples

and Experiential

Learning

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

11:50-1:00 Lunch (on your own)

4:00 Program ends

8:00 Program begins

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker.

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Helping your clients overcome anxiety is challenging. You've tried the common techniques but aren't confident you applied them correctly and worse, your client is still struggling. If you're feeling frustrated and unsure of what to do next? Then don't miss this **opportunity!** International trainer & author Dr. Margaret Wehrenberg will teach you the 10 Best-Ever Anxiety *Techniques* and help you master:

- Applying the techniques with difficult cases
- Using the techniques with different age groups
- Treating clients with co-morbid diagnosis
- Options to use with groups and individuals that work in every clinical population
- · Applying the neuroscience of memory reconsolidation and the default mode network to create successful exposure therapies and reduce rigid, anxious thought process

The Ten Best-Ever

Anxiety Treatment

Techniques

Updated Strategies to Help Even

the Most Challenging Clients

This fresh approach will give you a complete set of tools to work with anxiety symptoms. You'll learn what the latest research has proven and you'll be confident that you can apply these techniques in clinical practice. Most importantly, Margaret's pragmatic approach will provide you with practical strategies you can immediately use with all clients.

Speaker

MARGARET WEHRENBERG, PSY.D., a licensed clinical psychologist, is the author of eight books on the treatment of anxiety and depression, including, You Can Handle It: 10 Steps to Shift Stress from Problem to Possibility (PESI, 2017) and the newly revised and updated, best-selling, The 10 Best-Ever Anxiety Management Techniques (W.W. Norton, 2018). An expert on the treatment of anxiety and depression, she also has extensive training and expertise in the neurobiology of psychological disorders. In addition to clinical work, she coaches business professionals on managing anxiety, she frequently contributes articles for *The Psychotherapy Networker* magazine. She has produced Relaxation for Tension and Worry, audio soundtracks for breathing, muscle relaxation and imagery to use with anxious clients. Margaret blogs on depression for Psychology Today.

Noted for humor, pragmatic treatment approaches, and her interactive teaching style, Dr. Wehrenberg is a sought-after speaker for conferences and trainings, consistently getting the highest ratings for her dynamic presentation and high quality content. She is one of PESI's most highly rated speakers, and her evaluations from the most seasoned professionals often rank her training "as among the best I have ever attended."

Speaker Disclosures:

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 Association of America

Objectives

- 1. Articulate the neurobiological causes of panic, generalized anxiety and social anxiety and clarify how this information directs treatment decisions and improves treatment compliance.
- 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 the process of memory reconsolidation can be utilized to reduce reactivity to trauma cues, including shame trauma, that trigger social anxiety or panic attacks and sets up effective exposures to promote rapid recovery.
- 5. Integrate specific clinical techniques to address persistent worry and understand how they change the neurobiology of ruminative thought patterns in clients.
- 6. Utilize cognitive therapy interventions with clients to manage perfectionism, procrastination and to increase flexible, creative problem solving to replace worry.

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

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By Margaret Wehrenberg, Psy. D. — Your Presenter! —

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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 se the good stress for leverage in all arenas of your life.



This course counts toward the educational hours required for certification or Recertification as a Certified Clinical Anxiety Treatment Professional (CCATP).

Visit icatp.com for the full certification requirements.



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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

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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

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