

OUTLINE

Assessment: Accurately Diagnose Panic and Anxiety Disorders

- Panic disorder vs. panic attacks that are secondary to other anxiety disorders
- Psychosocial factors that may exacerbate panic symptoms
- Impact on client’s social and occupational functioning
- Is the client’s support system inadvertently reinforcing panic symptoms?

INTEGRATING ACT, CBT, & MINDFULNESS INTO YOUR THERAPEUTIC TOOLBOX

Psychoeducation: The Essential Foundation of Anxiety Treatment

- Teach clients about the physiology of fear and avoidance in a non-pathologizing manner
- When the body is behaving normally, just at the wrong time!
- Physical sensations that comprise a panic attack
- How short-term relief (avoidance, distraction, etc) isn’t enough to yield long-term wellness
- Teach clients ‘the why’ of exposure before going through it

Cognitive Behavior Therapy (CBT): Target Cognitive Distortions that are Common in Anxiety

- Catastrophizing, jumping to conclusions, tunnel vision, emotional reasoning, and overgeneralization
- Tools to help clients gain awareness of and reframe distorted thinking
- Disrupt the link between thoughts and unhelpful/avoidance/escape behaviors
- Help clients critically examine the beliefs they hold about panic and its aftermath

Exposure Techniques: Breaking the Anxiety and Panic Cycle

- The importance of client buy-in for exposure to be effective
- How to develop graduated exposure plan
- Subjective Units of Distress (SUDs) ratings to improve clinician-client communication
- In-vivo vs. imaginal exposure
- The importance of remaining in an exposure exercise until fear subsides
- Modify exposure for telehealth

OBJECTIVES

1. Differentiate diagnostically between panic disorder and panic attacks that are secondary to other anxiety disorders.
2. Utilize psychoeducation as an intervention to teach clients about the physiology of fear and avoidance as well as the physical sensations that typically comprise a panic attack.
3. Employ tools to assess problematic thought patterns that fuel anxiety and panic.
4. Implement mindfulness and acceptance, and cognitive strategies to target distorted thinking.
5. Develop and execute graduated, imaginal and/or in vivo exposure strategies to directly reduce the frequency and intensity of panic attacks.
6. Design tools to track treatment progress and help clients stay on track.

Acceptance and Commitment Therapy (ACT): Teaching Clients to “Drop the Rope”

- Values clarification
- Use of metaphors
- Exercises to increase comfort with difficult emotions and sensations

Tools for Calming the Body in the Midst of Panic

- Breathing skills to interrupt worry thoughts and slow down physiological panic symptoms
- Relaxation techniques to reduce vulnerability to panic
- Grounding techniques to lower the intensity
- How a daily mindfulness practice can reduce panic

Recovery Maintenance Tools: Make Sure Therapy is Working and Help Clients Stay on Track

- Individualized methods of tracking success and challenges
- Help clients maintain consistent skills practice and reduce avoidance behaviors
- Maintain a panic attack progress tracking tool
- Connect treatment to client’s goals and values

Other Clinical Considerations

- Anxiety and panic during challenging times
- Increased anxiety rates during public health crisis
- Complicating factors of hypochondriasis and panic disorder
- Limitations of the research and potential risks

Live Webcast Schedule

(Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

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.



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000

Stop Panic in Its Tracks

Evidence-Based Treatment Strategies for Managing and Eliminating Panic

LIVE Interactive Webcast  
Wednesday, January 13, 2021

BONUS!

Registration includes  
FREE on-demand  
access for  
3 months.



REGISTER NOW: [pesi.com/webcast/84291](https://pesi.com/webcast/84291)

Join us online for this live training!

Stop Panic in Its Tracks

Evidence-Based Treatment Strategies for Managing and Eliminating Panic

- Differentiate between panic disorder vs. panic attacks
- Eliminate avoidance behaviors that fuel panic attacks and anxiety
- Develop client’s skills to catch and reframe the thoughts that fuel anxiety and panic
- Integrate evidence-based panic and anxiety treatment techniques based on Acceptance and Commitment Therapy (ACT), Mindfulness, and Cognitive Behavioral Therapy (CBT)

LIVE Interactive Webcast  
Wednesday, January 13, 2021



REGISTER NOW: [pesi.com/webcast/84291](https://pesi.com/webcast/84291)



# Stop Panic in Its Tracks

## Evidence-Based Treatment Strategies for Managing and Eliminating Panic

**Clients who are experiencing panic want relief from their suffering.** And given that it took a mountain of courage just to show up at your door, you want to help them as quickly and effectively as you can. But **without proper training, panic attacks can be very confusing and difficult to treat.** It is very common **that well-intentioned therapists inadvertently reinforce avoidance or escape behaviors, thereby prolonging recovery, worsening symptoms**—leading to client drop out.

Join anxiety expert and author, Elena Welsh, Ph.D., as she shares her **treatment secrets that consistently improve the lives of her clients suffering from panic and anxiety.** Using the best techniques from Acceptance and Commitment Therapy (ACT), mindfulness, and Cognitive Behavioral Therapy (CBT), Dr. Welsh **lays out practical, step-by-step integrated treatment strategies that you can use right away,** including how to:

- Differentiate diagnostically between panic disorder and panic attacks
- Provide psychoeducation that is non-pathologizing and immediately useful for clients
- Empower clients to increase their comfort level and *accept* difficult/distressing thoughts, feelings, and sensations
- Teach clients to preemptively catch and reframe thoughts that fuel anxiety and panic
- Motivate clients to shift behaviors to reduce the severity and frequency of panic/fear reactions
- Guide clients through exposure protocols to manage panic/fear reactions
- Manage your own anxiety about treating panicked and anxious clients

Do not let another client walk out that door wondering if they could live without panic and anxiety. **Register today!**

## SPEAKER

**Elena Welsh, Ph.D.,** is a licensed clinical psychologist who specializes in working with clients with anxiety disorders from all walks of life in both inpatient and outpatient treatment settings. She also works with a wide range of mood and depressive disorders, including bipolar disorder, major depression, and post-traumatic stress disorder/trauma-related mental health issues.

Dr. Welsh has published articles in various medical and research journals and is the author of *The Cognitive Therapy Workbook for Panic Attacks; Trauma Survivors' Strategies for Healing: A Workbook to Help You Grow, Rebuild, and Take Back Your Life; Getting to Good: A Guided Journal; and 5-Minute Stress Relief: 75 Exercises to Quiet Your Mind and Calm Your Body.* She has served as an adjunct faculty member at various universities in Los Angeles.

Dr. Welsh received her doctorate degree from the University of Maryland, Baltimore County and completed advanced clinical training through a postdoctoral fellowship at Gateways Psychiatric Hospital in Los Angeles.

Speaker Disclosures:  
Financial: Elena Welsh maintains a private practice. She is an author and receives royalties. Dr. Welsh is a supervising psychologist at the Department of State Hospitals-Metropolitan. She is a faculty member at Antioch University. Dr. Welsh receives a speaking honorarium from PESI, Inc.  
Non-financial: Elena Welsh has no relevant non-financial relationship to disclose.

### Target Audience

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



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**Digital Seminar or DVD:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

**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 **Cyndi Postlewaite** at [cpostlewaite@pesi.com](mailto:cpostlewaite@pesi.com) or call (715) 855-5253.



# Online Learning Made Easy!

Join us on January 13, 2021, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

**It's easy and convenient!**

**Register now! [pesi.com/webcast/84291](http://pesi.com/webcast/84291)**

**Train your whole organization**

**Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each**

Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)

### CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit [pesi.com/webcast/84291](http://pesi.com/webcast/84291).

**Counselors** – AK, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, ND, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**Marriage and Family Therapists** – AK, AL, AR, AZ, CA, CO, CT, DC, FL, HI, IA, IL, IN, KS, ME, MI, MO, MT, NC, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WY

**Nurses** – All States

**Psychologists** – AK, AR, AZ, CT, DE, FL, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MT, NC (Category B), NE, NH, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WY

### National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

**Social Workers** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WY

**For specific credit approvals and details, visit [pesi.com/webcast/84291](http://pesi.com/webcast/84291).**

To inquire about credit in other states or home study credit, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.



PESI, Inc., #1062, is approved 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, 2020 - January 27, 2023. 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.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

# REGISTRATION FORM

## STOP PANIC IN ITS TRACKS:

### EVIDENCE-BASED TREATMENT STRATEGIES FOR MANAGING AND ELIMINATING PANIC

**SAVE TIME! Express Register Online: [pesi.com/webcast/84291](http://pesi.com/webcast/84291)**

**1 Please complete entire form if sending by mail** *please print legibly* ©2020



\*Email address \_\_\_\_\_ **\*Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_ ☐ Home ☐ Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_  
**\*Required for event updates**

**2 Pick Your Training** (make copy for your records)

☐ **LIVE Interactive Webcast**

**January 13, 2021** **PWZ84290**

**\$219.99** tuition\*

8am Pacific time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

**FREE BONUS:**

**Replay On-demand Access for 90 Days Afterwards**

☐ **Digital Seminar** **POS057420**

**\$219.99\*\***

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

☐ **DVD** **RNV057420**

**\$219.99\*\*\***

Includes:

Lifetime Access

Downloadable Manual

**3 Select Payment Method**

**All registrations must be prepaid.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

#### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

#### OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: [pesi.com/webcast/84291](http://pesi.com/webcast/84291)

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit [pesi.com/privacy](http://pesi.com/privacy) for more information.

Total \_\_\_\_\_  
Shipping - \$6.95 (DVD only) \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

\* For webcasts, add applicable tax in HI, NM  
\*\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.  
\*\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals.  
Additional CE participant prices may vary.