

Outline

Anxiety Spirals, Panic and Early Cue Detection

Examples of Worry Spirals and Panic Spirals
The Empirical Evidence
3 Benefits of Catching Anxiety Early
Reminders for Catching Anxiety Early

Mindfulness

Move Toward Relaxation vs. Away From Anxiety
Process vs. Command
Present Focus – Mindfulness as a Relaxation Tool
Acceptance
Observation of Thoughts and Emotion
Labeling of Thoughts and Emotions
Observation and Labeling Game

Self-Controlled Desensitization (SCD)

Rationale for SCD
Formal SCD
In-Session SCD
Active Relaxation

Cognitive Therapy

An Alternative Way to do Cognitive Therapy – B3s
Find Alternative Thoughts
The Role of “Shoulds” and “Need To’s”
Change to “Want To’s”
The Humor of Worry
Deal with Superstitious Worry
Limitations of research and CBT Interventions

Problem Solving

Worry Prevents Problem Solving–Evidence
4 Ways to Do Problem Solving

OCD-Like Symptoms in Panic and Worry

Dangers of a Poor Assessment
Stop Encouraging Avoidance and Escape
Assess for Negative Reinforcement
Remove Crutches
Traditional Exposure
Interoceptive Exposure for Panic
Finding and Flooding “The Real Worry”
Risks Associated with Treatment of Panic
Related Research Limitations

Reduce Tension and Increase Energy

Progressive-Muscle Relaxation (PMR)
Quick Alternatives to PMR
Energy Conservation

Problems That are Often Treatment Resistant and How to Approach Them

Hypochondriasis and Fear of Untimely Death
Perfectionism
Subjugation
Catastrophizing/Intolerance of Uncertainty
Procrastination

Live Webinar Schedule (Times listed in Central)

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.

Objectives

1. Demonstrate components of the “anxiety spiral” and utilize several evidence-based strategies (including self-controlled desensitization) to prevent exacerbation of symptoms.
2. Demonstrate five potential anxiety treatment pitfalls and learn evidence-based approaches to avoid or correct them.
3. Employ four mindfulness strategies for treating anxiety symptoms in a clinical setting.
4. Evaluate the inverse relationship between worry and problem solving, and identify its implications for treatment of anxiety.
5. Differentiate the clinical presentation of panic, worry and fear of guilt and how they compare to Obsessive-Compulsive Disorder and other anxiety disorders.
6. Develop clinical skills to address treatment-resistant issues, including perfectionism, subjugation, procrastination, hypochondriasis, and catastrophizing/intolerance of uncertainty.

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ANXIETY, WORRY & PANIC

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Effective Strategies to Calm the Anxious Mind

Over 80 techniques to treat anxiety, worry and panic!

International Speaker & Author
Jennifer L. Abel, Ph.D.

Innovative strategies using Mindfulness, CBT and more

Stop the “anxiety spiral” early

Treatment pitfalls and approaches to correct them

Recognize and stop negative reinforcement of panic, worry and fear of guilt

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Do you want to gain powerful techniques for your clients who struggle with treatment resistant anxiety, worry and panic? Learn how to assess anxious habits, symptoms and behaviors using effective cutting-edge, evidence-based strategies... even with your toughest clients!

Dr. Jennifer Abel will teach you how to stop the anxiety spiral early to significantly reduce the habit of worry and panic using self-controlled desensitization. Experience how evidence-based treatments can help your clients problem solve, reduce tension, and increase energy. Learn unique, effective approaches to mindfulness, cognitive therapy, and exposure, including thought-labeling, interoceptive exposure, and better-but-believable thoughts.

Case studies, role plays, demonstrations and interactive discussions will be utilized in this cutting-edge seminar.

ANXIETY, WORRY & PANIC

Effective Strategies to Calm the Anxious Mind

“Really fantastic! Extremely knowledgeable & shared an abundance of tools!”
– Courtney, Psychotherapist, WI

Target Audience:

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



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Meet Your Speaker

Jennifer L. Abel, Ph.D., international speaker, author and clinical psychologist, has specialized in the treatment of anxiety disorders for over 20 years. Before opening a private practice, she served as the associate director of the Stress and Anxiety Disorders Institute at Penn State under the direction of the leading expert in Generalized Anxiety Disorder (GAD), T.D. Borkovec.

Her first book *Active Relaxation* has received outstanding reviews from mental health care professionals and anxious readers alike. Her second book, *Treatment Resistant Anxiety, Worry, and Panic*, has received praise from top experts in anxiety management.

Dr. Abel has published many articles in professional journals and wrote a pamphlet about GAD for ABCT. She has been quoted by several popular magazines (e.g., Health, Prevention, Glamour) for her expertise in Worry. Dr. Abel presents to the public (e.g., Working Women’s Survival Show), as well as professionals (e.g. Australian Psychological Society; Anxiety Disorders Association of America).


Speaker Disclosures:
Financial: Jennifer Abel is in private practice. She receives compensation as a self-published author. Jennifer Abel receives a speaking honorarium from PESI, Inc.
Non-financial: Jennifer Abel has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage & Family Therapists, Nurses, Occupational Therapists, Physicians, Psychologists, Speech Language Pathologists, and Social Workers.**

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65 Exercises, Worksheets & Tips to Improve Mood and Feel Better
Jennifer L. Abel, Ph.D.
~~\$29.99~~ **\$22.99***
PUB085375



Melt Worry and Relax Card Deck
56 CBT & Mindfulness Strategies to Release Anxiety
Jennifer L. Abel, Ph.D.
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