

Outline

The “Toxic Fog” of Ambient Anxiety

Limit how the “toxic fog” of bad news intensifies anxiety
Relieve exposure to persistent worry that increases existing generalized anxiety
Existential anxiety that emerges from threatening conditions

Apply Logic Effectively to Illogical Anxiety: New Must-Have Techniques

“Worry Well and Only Once” to reduce fear
“Transfer Worry to Another Person” to shift attention
“The 3 Control Questions” to address control
“Ditch Your Dread and Stop the Plunge” to avert despair
“Predict, Prepare, and Plan” to prevent panic
“Move Your Body, Move Your Mind” to stay grounded
And more!

Treating Generalized Anxiety Disorder (GAD) During Uncertain Times

Differentiate GAD from predictable worry, OCD or depressive rumination
Techniques for extreme cautiousness and containing worry
Coping strategies for isolation, loneliness, and separation

Depression as a Mask for Grief and Disappointment and What to do about it

It’s not depression... It’s sadness, grief and loss
Address the disappointment of missed opportunities and life events
How to recreate ceremonies and rituals to heal grief and loss
Help clients process grief without closure after the loss of a loved one

Objectives

- 1. Apply skills to cope with the impact of ambient anxiety to effectively manage generalized anxiety.
- 2. Distinguish generalized anxiety from situational responses to societal turbulence to improve case conceptualization.
- 3. Construct useful protocols to eliminate panic and health anxiety.
- 4. Appraise the impact of disappointments on mood and differentiate that from depressive disorders.
- 5. Employ new concepts about the significance of rituals to minimize the impact of missed life events, important ceremonies and lost opportunities.
- 6. Devise strategies to cope with the new stresses of work-from-home parenting.
- 7. Determine the neurobiological stress of teletherapy and formulate ways to manage your energy.

Treating Parental Anxiety Related to New Stressors

Correct for the blur of time due to loss of anchor points of schedules and routines
Manage guilt, jealousy and perceptions created by constant social media exposure
Help parents cope with expectations due to virtual learning and working from home

Teletherapy’s Impact on Therapist Anxiety and Well-Being

Zoom fatigue – It is real! Combat the neurobiological stress of processing video conferencing
Healthy boundary setting to manage your level of energy
What to do when you, the therapists, is feeling the same emotional stresses as your clients

Limitations of the Research & Potential Risks

Live Webinar Schedule

(Times listed in Eastern)

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.

“A very entertaining speaker with lots of real life examples that bring all the strategies to life.”
- Caroline Z.

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The New Era of Anxiety

Helping Clients Navigate Stress, Fear, Loss & Grief During Turbulent Times

Live Interactive Webinar

Wednesday, March 24, 2021

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The New Era of Anxiety

Helping Clients Navigate Stress, Fear, Loss & Grief During Turbulent Times



Featuring **Margaret Wehrenberg, Psy.D.**, Anxiety and Depression Expert and Author of Top-Selling *The 10 Best-Ever Anxiety Management Techniques* and new ebook *Pandemic Anxiety: Fear, Stress and Loss in Traumatic Times*

The new must-have anxiety techniques to help you skillfully work with your client’s most difficult, recurring or unearthed anxieties:

- “Worry Well and Only Once” to reduce fear
- “Ditch Your Dread and Stop the Plunge” to avert despair
- “The 3 Questions” to address control
- “Predict, Prepare, and Plan” to prevent panic
- And many more!

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The New Era of Anxiety

Helping Clients Navigate Stress, Fear, Loss & Grief
During Turbulent Times

In today's world where the only norm seems to be that things are ever-changing, the stress we and our clients are feeling is skyrocketing. And in the absence of anchors like familiarity and routine, symptoms of anxiety and depression are amplified.

Family rifts, financial strain, fears about health, economic strife, systemic racism, and grief are just a few of the compounded and pervasive challenges clients are facing today. Fueled by 24/7 news and other media exposure, ambient anxiety is real and rampant—for everyone.

So how do you, the clinician, effectively treat clients while you're simultaneously navigating your own stress, fear, loss, and grief?

Join anxiety and depression expert and author, **Margaret Wehrenberg, PsyD**, as she builds on her 10 Best Ever Treatment Techniques to give you a complete set of **new interventions to help you skillfully work with your client's most difficult, recurring or unearthed anxieties.**

You will learn strategies to help your clients:

- Apply logic effectively to illogical anxiety
- Cope with panic and fear when threats are real
- Address sadness, grief and loss – they think it's depression but it's not!
- Restore meaning and purpose in day-to-day life through routine and ritual
- Define anchor points and boundary setting when time is blurred
- Manage guilt, jealousy, disappointment, and perceptions
- Discern between anxiety and unacknowledged grief
- Apply remedies for the new stresses of a work from home life

What's more, you'll also learn proven techniques to defray the toll teletherapy takes on your energy and emotional wellbeing.

Do not miss this opportunity to gain these unbeatable anxiety and depression techniques to help your clients reclaim joy even when they feel the sand is shifting under their feet.

Register today!

"I found Dr. W presentation extremely helpful and informative in working with clients as well as some of my own anxieties." - Clifton P.



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Meet Your Speaker

Margaret Wehrenberg, Psy.D., a licensed clinical psychologist, is the author of nine books on the treatment of anxiety and depression, including her most recent e-book, *Pandemic Anxiety: Fear, Stress, and Loss in Traumatic Times* (January 2021), best-selling book, *The 10 Best-Ever Anxiety Management Techniques* (W.W. Norton, 2018), and *You Can Handle It: 10 Steps to Shift Stress from Problem to Possibility* (PESI, 2017). She has also written a book for the general public, *The 10 Best Anxiety Busters*.

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 and has contributed 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 Disclosure:

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.

Target Audience:

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

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 and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers**

For specific credit approvals and details, visit pesi.com/webcast/84619

National CE Credit Approvals For Live Webinar

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). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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*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.

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March 24, 2021 | PWZ84618

\$219.99 tuition

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- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



SAM042895

The 10 Best-Ever Anxiety Management Techniques, 2nd Edition

Margaret Wehrenberg, PsyD

~~\$19.95~~ **\$14.99***



PUB085005

You Can Handle It
10 Steps to Shift Stress from Problem to Possibility

Margaret Wehrenberg, PsyD

~~\$16.99~~ **\$12.99***

** Discount Included with purchase of the Webinar*

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