

## 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 reasons why 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

#### 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. Determine 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. Perform effective use of diaphragmatic breathing techniques for physiological modulation in the treatment of anxiety.
4. Demonstrate 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.

## FREE WORKSHEETS!

### Identifying Anxiety-Igniting Thoughts



Get yours today at [www.pesi.com/ccatpworksheets](http://www.pesi.com/ccatpworksheets)

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

## Group Training Solutions Made Easy!

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



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

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

# The Ten Best-Ever Anxiety Treatment Techniques

Updated Strategies to Help Even the Most Challenging Clients

## Live Interactive Webinar Thursday, June 3, 2021

**BONUS!** – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:  
[pesi.com/webcast/85083](http://pesi.com/webcast/85083)

## Join us online, for this live training!

# The Ten Best-Ever Anxiety Treatment Techniques

Updated Strategies to Help Even the Most Challenging Clients

Featuring Margaret Wehrenberg, Psy.D,  
International 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 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

Loaded with Case Examples and Experiential Learning

## Live Interactive Webinar Thursday, June 3, 2021

**BONUS!** – Registration includes FREE on-demand access for 3 months.



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:  
[pesi.com/webcast/85083](http://pesi.com/webcast/85083)

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

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.

“This was an excellent presentation and very practical to apply in clinical work.”  
- Christine R

**Target Audience:**  
Social Workers • Psychologists • Counselors • Marriage and Family Therapists  
Case Managers • Addiction Counselors • Therapists • Nurses • Psychiatrists  
Physicians • Other Mental Health Professionals

**Satisfaction 100% Guarantee**  
**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-844-8260 and we will make it right.

**PESI Offers Group Discounts!**  
To save on groups of 5 or more, contact us at [www.pesi.com/info](http://www.pesi.com/info)!

**Questions?** 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).

**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.

## 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.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [www.pesi.com/webcast/85083](http://www.pesi.com/webcast/85083)

**National CE Credit Approvals For Live Webinar**  
Credits listed are for full attendance at the live webinar 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.

 This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

 PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

 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.

 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.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

\*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 Kids, PESI Rehab and Psychotherapy Networker.

**Earn up to 6.25 CE Hours for one low price!**

For all credit approvals and details, visit: [www.pesi.com/webcast/85083](http://www.pesi.com/webcast/85083)

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs  
**Register Online at: [pesi.com/webcast/85083](http://www.pesi.com/webcast/85083)**

### Live Interactive Webinar (Option 1)

**June 3, 2021** [PWZ85082]  
**\$219.99** tuition  
8am Central time  
**Live Webinar Experience:**

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar  
*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesi.com/info](http://www.pesi.com/info) to save for groups of 5 or more

### On-Demand Digital Seminar (Option 2)

**\$219.99** [POS012570]  
**Digital Seminar Experience:**

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-844-8260 to check for availability.

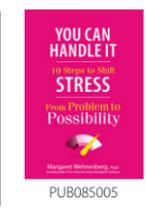
### DVD (Option 3)

**\$219.99** [RNV012570]  
**DVD Experience:**

- Self-study CE certificate available

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

## Recommended Reading:

	<p><b>The 10 Best-Ever Anxiety Management Techniques, 2nd Edition</b> Margaret Wehrenberg, PsyD <del>\$19.95</del> <b>\$14.99*</b></p>		<p><b>You Can Handle It</b> <i>10 Steps to Shift Stress from Problem to Possibility</i> Margaret Wehrenberg, PsyD <del>\$16.99</del> <b>\$12.99*</b></p>
---	--	---	--

\*Discount Included with purchase of the Webinar

**OTHER WAYS TO REGISTER**  
Phone: 800-844-8260  
Fax: 800-554-9775  
Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000  
\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-844-8260

**ADA NEEDS**  
We would be happy to accommodate your ADA needs; Please notify us at time of registration.

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

**TAXES AND SHIPPING**  
Taxes and shipping apply where applicable, see website for details

 GREEN BUSINESS  
Low Carbon Assets  
Environmentally  
©2021