

2-DAY

Chronic Anxiety

A 6-Step Treatment Blueprint to Break the Anxiety Cycle

How often do you encounter a client suffering from anxiety who is stuck in a pattern of severe and unrelenting worry and despite your best efforts they do not respond to the usual therapy approaches? Does your therapeutic tool box need new and creative instruments? Do you desire a comprehensive formula that provides guidance rather than abstract theoretical paradigms?

Dr. Heidi Schreiber-Pan's seminar offers a clinical blueprint that is concise and practical; highlighting a cutting-edge treatment plan for clinicians to treat various types of anxiety disorders. This unique 6-step approach describes a distinctive arrangement of evidence-based therapeutic interventions that reduce symptomology common to the experience of chronic anxiety, panic and worry.

Each step highlights core skills necessary for symptom relief and consequent long-term resiliency. Lastly, this model provides an outline for a comprehensive maintenance plan to assure lasting positive change. You will leave the seminar with competence in using this 6-step treatment plan and the skill to add innovative tools from neuroscience, interpersonal neurobiology, mindfulness, CBT, ACT and logotherapy.

Speaker

Heidi Schreiber-Pan, Ph.D., LCPC, NCC, is a successful psychotherapist, author, clinical director and sought-after nationwide speaker on topics of resilience, anxiety, neuroscience, and occupational burnout. As an affiliate and former faculty member of Loyola University, Maryland, her past research has focused on resiliency and psychological well-being, including nature-based mental health.

Dr. Schreiber-Pan has worked with various organizations, schools and corporations to reduce stress on a communal level and to increase structural well-being through training in positive psychology as well as emotional intelligence coaching.

Dr. Schreiber-Pan has developed unique continuing education courses that combine established clinical methods such as CBT with innovative treatment approaches including nature-based psychotherapy and neuro-counseling. She is the author of *Taming the Anxious Mind: A guidebook to relieve stress and anxiety*.

Speaker Disclosure:

Financial: Heidi Schreiber-Pan is in private practice. She receives a consulting fee from Loyola University. Dr. Schreiber-Pan receives a speaking honorarium from PESI, Inc.

Non-financial: Heidi Schreiber-Pan is a member of the Association for Counselor Education and Supervision; the American Counseling Association; and Maryland Association for Counseling and Development.

Target Audience:

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



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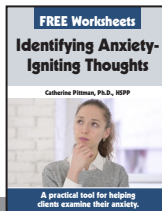
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2-DAY Chronic Anxiety

A 6-Step Treatment Blueprint to Break the Anxiety Cycle

LIVE Interactive Webinar

Wednesday & Thursday, June 9 & 10, 2021

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



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2-DAY

Chronic Anxiety

A 6-Step Treatment Blueprint to Break the Anxiety Cycle

- Unique 6-step approach to help clients who aren't responding to therapy
- Innovative tools from neuroscience, neurobiology, mindfulness, CBT, ACT and logotherapy
- Effectively treat GAD, Social Anxiety Disorder, Attachment Anxiety and Panic Disorder

Live Interactive Webinar

Wednesday & Thursday, June 9 & 10, 2021

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Outline

Step 1: Create Calm in the Nervous System by Taming Amygdala

- Neuro-counseling as an empowerment tool for clients
- The power of neuroplasticity
- Six principles to reduce the chronic fight or flight response
- Weekly routine to calm sympathetic nervous system activation

Practices: Brain-based techniques that consistently lower sympathetic nervous system arousal

- Letting Go of SNS Arousal
- Let's Breathe: A review of breathing techniques
- Body Scan

Step 3: Apply Mindfulness-based Cognitive & Behavioral Interventions

- Schools of treatment:
- ACT methods to develop the ability to shift perspectives, develop acceptance and self-advocacy
- The healing power of awareness: seeing thoughts as creations of the mind
- Decentering as a way of disengaging from self-criticism, rumination, and negative thinking patterns

CBT methods to train the mind through

- identifying and diminishing unhelpful thinking styles
- the use of coping thoughts
- the compassionate use of exposure therapy
- composing fear ladders
- the utilization of behavioral experiments and home practices

Practices: Cognitive approaches to help navigate painful emotions and thoughts

- Apply Cognitive De-Fusion
- What Glasses am I Wearing Today?
- Worry Time, Worry Planning & 7 Steps to End Rumination

Live Webinar Schedule - both days (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.

Step 4: Treating Anxiety Disorders

Attachment Anxiety

- The Neuroscience of attachment
- Activation of attachment anxiety
- Address unmet attachment needs
- Therapist, a secure attachment figure?
- Case Study: Accelerated Experiential Dynamic Psychotherapy (AEDP)

Generalized Anxiety Disorder

- Address excessive worry and ending the worry loop
- Body-based expression of worry (tension, hypervigilance)
- Implementation of calming skills into daily lifestyle

Social Anxiety Disorder

- Investigate self-talk that mediates fear reaction
- Challenge biases and replace with empowering narratives
- Design exposure experiences to tackle avoidance

Panic Disorder

- Panic attack vs panic reaction
- Address fears that fuel and prolong panic
- Strengthen ability to self-soothe and boost comfort

Practices: Reflective exercises to complement self-care tools and foster positive neuroplasticity

- Adult Attachment Inventory
- Hand on Heart
- Loving-Kindness Meditation

Step 5: Determine Values, Purpose and Meaning

- Logotherapy
- Exploring one's value-lifestyle congruence
- Formation of a spiritual identity
- Existentialism, worldview & legacy
- The use of metaphor to facilitate meaning-making

Practices: Contemplative methods to alleviate inner distress caused by a lack of meaning and purpose

- Value Card Sort
- Listen to My Values
- Existential Contemplation

Step 6: Establish and Execute a Maintenance Plan

- Shifting perspectives through gratitude practice
- Positive neuroplasticity to rewire the brain for resiliency
- Meditation, formal & informal
- Nature-based mental health
- Acceptance and commitment practices
- Mindful engagement

Practices: Tools for developing a lifestyle that boosts resiliency and contributes to psychological well-being

- Inventory of Your Day
- The Power of Gratitude
- Thich Nhat Hanh Technique for Difficult Emotions


CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit pesi.com/webcast/85089


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.

 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 12.5 contact hours.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://pesi.com/events/detail/85089>.

This activity is pending approval from the National Association of Social Workers.

 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 12.5 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.

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Objectives

- Determine the underlying neurological processes that impact anxious clients.
- Evaluate the differences between amygdala-based and cortex-based anxiety symptoms and identify how these symptoms inform treatment interventions.
- Utilize the 6-step treatment model to improve the client's ability to engagement in treatment.
- Develop client engagement in treatment using personalized goals and attending to the therapeutic relationship.
- Analyze the efficacy of various anxiety treatment approaches, including mindfulness, CBT, ACT and logotherapy.
- Plan strategies for calming and training the amygdala in order to alleviate symptoms of anxiety.
- Integrate clinical techniques to address client's thoughts, feelings and behavior that underlie anxiety, including shame, blame and excessive self-protection.
- Practice a simple breathing technique that both decreases acute anxiety symptoms and serves as a metaphor for management of future anxiety.
- Apply simple, yet effective clinical interventions in session to help clients acquire a new perspective of chronic anxiety and a more adaptive approach to managing symptoms.
- Choose specific behavioral interventions to decrease the symptoms of Panic Disorder, Generalized Anxiety Disorder and Social Anxiety Disorder.
- Propose specific clinical techniques to address persistent worry and understand how this changes the neurobiology of ruminative thought patterns.
- Utilize cognitive therapy interventions with clients to manage perfectionism, procrastination and rigid approaches to problems.

For all credit approvals and details, visit: www.pesi.com/webcast/85089

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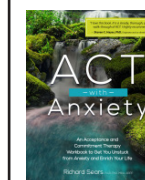
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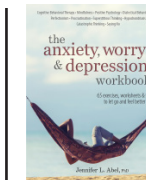
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Recommended Reading:



ACT with Anxiety
An Acceptance and Commitment Therapy Workbook to Get You Unstuck from Anxiety and Enrich Your Life
Richard Sears PsyD, PhD, MBA, ABPP
~~\$29.99~~ **\$22.99***

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The Anxiety, Worry & Depression Workbook
65 Exercises, Worksheets & Tips to Improve Mood and Feel Better
Jennifer L. Abel, Ph.D.
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