

Outline

The Neurophysiology of Anxiety and Panic

Autonomic nervous system responses and states
Cognitive & amygdala pathways to anxiety
Serotonin, dopamine and other transmitters
The role of brain derived neurotropic factors
The impacts of sleep and nutrition on the anxious brain
Psychoeducation strategies

Assessment and Differential Diagnosis

DSM-5™ Classification of Anxiety Disorder
Assessment from the whole person perspective
Clinical approaches for ambiguous anxiety presentations
How differentiating vagal states informs treatment

Relaxation Skills Training for Anxiety:

Interventions to Help Clients Develop Autonomic Nervous System Resilience

Deep relaxation techniques to wire in relaxed, alert mood
Moment to moment exercises for letting go
Breath and movement strategies to deactivate panic

Somatic Techniques and Visualizations for Anxiety Relief

Bodily sensations and health-related anxieties
Visual meditations for specific clinical concerns
Prepare with movement, imagery, and sound
Draw from inner resources
Instill a new perspective with movement and writing

GAD and Social Anxiety:

Mindful Recovery Tools to Move Clients from Reactivity to Responsiveness

Interrupt the worry cycle: from the meditation cushion to daily life
Mindful exploration – predictions vs. what happened
Bring curiosity to perceptions
Prime secure attachment for social anxiety
Engage and calm parts of the self

Research Limitations and Treatment Risks

Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

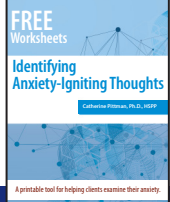
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Utilize psychoeducation tools to explain the physiology of anxiety, and how contemplative and somatic approaches impact the body, to establish client expectations for treatment.
2. Analyze the clinical implications of research indicating a positive correlation between meditative movement and a reduction in anxiety symptomology.
3. Utilize breathing training with clients to teach them how to manage anxieties and more effectively cope with bodily sensations.
4. Employ deep muscle relaxation exercises with clients to reduce the intensity of physical anxiety symptoms and improve sleep quality.
5. Analyze the clinical implications of intolerance of bodily sensation on health-related anxieties.
6. Assess risks and contraindications to the use of mindfulness-based and somatic interventions.

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Whole-Client Anxiety Treatment

Somatic and Mindfulness-Based Interventions to Defuse Anxiety, Deactivate Panic and Manage Bodily Sensations

LIVE Interactive Webinar
Tuesday, July 13, 2021

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Join us online for this live training!

Whole-Client Anxiety Treatment

Somatic and Mindfulness-Based Interventions to Defuse Anxiety, Deactivate Panic and Manage Bodily Sensations

- Manage the physical symptoms that can lead to frightened reactions in anxious clients
- Deactivate panic with practical mindfulness strategies
- Address health anxieties for clients fearing illness and disease
- Stimulate the vagal response for calm, safety and connection
- Demonstrations and clear instructions on real-life applications

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WHOLE-CLIENT ANXIETY TREATMENT

Somatic and Mindfulness-Based
Interventions to Defuse Anxiety, Deactivate
Panic and Manage Bodily Sensations

Muscles tensing, stomachs dropping, and hearts pounding...many of your anxious clients are uncomfortable in their own skins.

And while cognitive approaches impact anxious thoughts and feelings, without tackling distressing bodily sensations that can lead to avoidance in clients your treatment could fail to deliver long-lasting relief.

This one-day training will give you a whole-person anxiety treatment approach and show you how to integrate body-oriented strategies and contemplative practices with traditional psychotherapeutic methods to address anxious thoughts AND the physical symptoms that can lead to confused and frightened reactions in anxious clients.

Join Dr. Debra Alvis, one of PESI's most seasoned and accomplished trainers on somatic and contemplative practices, and discover the **breath and movement strategies, visual meditations, mindfulness techniques and relaxation skills training** you need to skillfully help clients:

- Reduce anxiety symptomology
- Interrupt the worry cycle
- Deactivate panic
- Overcome health anxieties surrounding illness and disease
- Build resilience and self-efficacy through interoceptive awareness
- Trigger the calming parasympathetic nervous system response, and much more!

Don't miss this chance to get the **clear guidance and detailed instruction on this real-life application** you need to help your clients overcome anxiety and the overwhelming bodily sensations that accompany it.

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Target Audience:

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



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Meet Your Speaker

Debra Alvis, Ph.D., is a licensed psychologist who developed and led the Mind/Body Program at the University of Georgia that specializes in addressing anxiety, stress and depression in individuals with physical health concerns and co-morbid mental health issues.

In more than 25 years of clinical experience in treating clients with anxiety, Dr. Alvis has found that she can help clients recover from anxiety more quickly, and more effectively sustain the gains made in therapy, by combining body-oriented techniques and contemplative practices with traditional psychotherapeutic approaches.

Dr. Alvis lectures and leads retreats around the world. Her trainings have helped thousands of clinicians to integrate the richness of contemplative practices and somatic psychotherapies with cognitive approaches for greater clinical effectiveness. Dr. Alvis maintains a private practice in Georgia where she treats clients with anxiety, trauma, shame, depression and relational concerns.

Speaker Disclosure:

Financial: Debra Alvis is in private practice. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Alvis 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 and Family Therapists, Psychologists, and Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/85248

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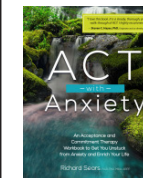
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\$219.99 [RNV058140]

DVD Experience:

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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:



PUB085560

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***



PUB085375

The Anxiety, Worry & Depression Workbook
65 Exercises, Worksheets & Tips to Improve Mood and Feel Better
Jennifer L. Abel, Ph.D.
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** Discount Included with purchase of the Webinar*

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Taxes and shipping apply where applicable, see website for details

