

Outline

Getting Started: How to Optimize the Early CBT Sessions

Principles of CBT – Establish roles and goals
How to socialize your client to the CBT Session structure
Getting your client to complete homework
What not to do (reassurance, rabbit hole)
Tools for goal setting
Begin with the end in mind: Termination considerations

Assessment and Treatment Planning: Set the Stage for Successful Treatment

Diagnosis – why it's important
Key questions to ask at intake
Assessment forms – where to find them
Teach your clients to use a notebook
Using a SUDS scale

Anxiety and the Brain: What Every Client Needs to Know

Why this is a pivotal point of treatment
Simple ways to teach clients about anxiety and the brain
The role of avoidance and safety behaviors
Medication-what is helpful and what is not

The Art of Exposure and Response Prevention (ERP)

Help clients ride the wave of anxiety
Create a fear hierarchy using SUD scales
How to set up an exposure
Strategies to handle resistance to exposure
What NOT to do and why

Cognitive Therapy: Change the Way Clients Think about Thinking

Empower clients to choose how to interpret their thoughts
Utilize values clarification to motivate change
Challenge distortions and core beliefs that get in the way of change
The role of mindfulness in anxiety treatment

Family Involvement: Teach Loved Ones to be a Part of the Solution

Help families learn healthier ways to talk back to anxiety
Teach how to respond without reassuring
Challenge loved ones to face their own fears

Phobias and OCD: Exposure and Response Prevention in Action

Identify OCD's tricks
Strategies for the most common phobias (heights, spiders, small spaces and more!)
How to get comfortable with extreme exposures
Vomit phobia, fear of harm, contamination, obsessive thoughts, sexual obsession
Identify your own obstacles to successful ERP
Get out of the office!
When and how to use imaginary scripts
Demonstrations and practice

Panic Disorder: Interoceptive Exposure Techniques That Work

Why deep breaths aren't enough
Practice breathing to increase CO2
Identify the fear in panic
How to induce symptoms of panic to build tolerance of discomfort
Strategies for choosing a panic behavior to replicate

Social Anxiety: Paradoxical Treatment Interventions that Get Results

Going after embarrassment
Tools to practice mindfulness during conversations
Build clients' "I can handle it" muscle
Help clients improve insight about their fears
How to remove safety behaviors in social situations

Generalized Anxiety Disorder (GAD) and Worry: Helping Our Clients Live in the Present

Challenge the belief that "I won't be able to handle it"
Understand worry as a compulsion
Skills to help clients handle distressing thoughts/feelings
Mindfulness to get out of the future and into the present
Write worry scripts, assign time for worry, chase after worry

Kids with Anxiety: Playing with Fear

Special considerations when working with children
School refusal, contamination, bad thoughts, PANS/PANDAS
Add play to your treatment plan
Strategies for age appropriate interventions
Teach kids to talk back to their fears
How to handle parent resistance/therapy interference

Termination and Relapse Prevention

Develop a client wellness plan that sticks
Help clients identify red flags for future struggles
Teach clients to do ongoing exposures
Establish a plan for when to return to therapy
Risks and limitations of the research

Learning Objectives can be viewed at pesi.com/express/86137

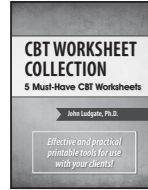
Live Seminar & Webinar Schedule both days (Times listed in Eastern)

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.

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2-Day Anxiety Certification Course

Integrate CBT with Exposure and Response Prevention for Treatment of GAD, Panic Disorder, OCD, Social Anxiety, & Phobias

Dedham, MA
Thursday & Friday
December 2 & 3, 2021

Live Interactive Webinar
Thursday & Friday
December 2 & 3, 2021



We Are Back! Join In Person or Online!

2-Day Anxiety Certification Course

Integrate CBT with Exposure and Response Prevention for Treatment of GAD, Panic Disorder, OCD, Social Anxiety, & Phobias

Featuring

Elizabeth Spencer, M.S.W., LCSW-C
Award Winning Expert and Author in Anxiety and OCD



Limited Time Offer
Your Certification Application Fee
(\$99 value!) Included - On PESI! See details inside

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2-Day Anxiety Certification Course

Do you feel overwhelmed by the severity of your client's anxiety symptoms?

Does their need to seek reassurance and perform compulsions prevent them from moving forward in therapy? You are not alone if you find your clients experiencing the same frightening symptoms after several therapy sessions, if they get stuck on the "why's" of anxiety, or if they are unable to take meaningful action against their anxiety.

Join award winning expert in anxiety and OCD—Elizabeth Spencer, LCSW-C—for this intensive **2-Day Anxiety Certification Course** to learn the gold standard of care for treating GAD, Panic Disorder, OCD, Social Anxiety, and Phobias. **You'll learn to skillfully integrate CBT with Exposure and Response Prevention (ERP) to climb over obstacles in therapy and gain confidence in your ability to treat the most symptomatic, anxious clients on your caseload.**

In this intensive **2-Day Anxiety Certification Course**, you'll reap the benefits of Spencer's expertise as well as her friendly and passionate approach to teaching CBT with ERP.

You'll start seeing real results with these cutting-edge CBT and ERP interventions, that give you:

- Ways to help clients face their triggers and change their relationship with fear
- Strategies to manage your own fears about treating your anxious clients
- Methods to use exposure therapy in meaningful, successful ways
- Specific strategies for Panic Disorder, phobias, OCD and social anxiety

Packed with videos, case examples, and opportunities to practice and build skills confidently, you'll walk away with strategies you can use the very next day!

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Clinical Anxiety Treatment Professional (CCATP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of anxiety counseling. Professional standards apply. Visit www.evergreencertifications.com/CCATP for details.

Don't miss this opportunity to grow your confidence and your practice while helping your clients get their lives back! **REGISTER NOW!**

CERTIFICATION MADE SIMPLE!



- **No hidden fees – PESI pays for your application fee (a \$99 value)*!**
- **Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Clinical Anxiety Treatment Professional (CCATP) through Evergreen Certifications is complete.***

*Attendees will receive documentation of CCATP certification from Evergreen Certifications 4 to 6 weeks following the program. *Professional standards apply. Visit www.evergreencertifications.com/CCATP for professional requirements.*

Target Audience:

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

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Can't attend in person? You can still join us!

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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 Cathey** at ccathey@pesi.com or call **715-855-5253**.

Meet Your Speakers

Elizabeth DuPont Spencer, M.S.W., LCSW-C, is a licensed clinical social worker and board approved supervisor. Trained as a cognitive behavioral therapist using exposure and response prevention for anxiety disorders, obsessive compulsive disorder and depression, she has been in private practice for 25 years, working with children, adolescents and adults. Elizabeth is a member of the International Obsessive Compulsive Foundation (IOCDF), the National Association of Social Workers (NASW) and of the Anxiety and Depression Association of America (ADAA).

Speaker Disclosure:

Financial: Elizabeth DuPont Spencer is in private practice. She is an author for John Wiley & Sons, Inc., and receives a royalty. Ms. DuPont Spencer receives a speaking honorarium from PESI, Inc.

Non-financial: Elizabeth DuPont Spencer is a member of the Anxiety and Depression Association of America; the International Obsessive Compulsive Foundation; and the National Association of Social Workers.

To view the full bio, visit www.pesi.com/express/86137

Recommended Reading:

Purchase this training for these exclusive savings!

CBT for Anxiety
A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD
~~\$24.99~~ **\$19.99***

Cognitive Behavioral Therapy Worksheets
65+ Ready-to-Use CBT Worksheets to Motivate Change, Practice New Behaviors & Regulate Emotion
~~\$26.99~~ **\$19.99***

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webinar can be downloaded after completing the webinar and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

Addiction Counselors: This activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Massachusetts Counselors: Application for MaMHCA/MMCEP continuing education credits has been submitted. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/86137.

Marriage & Family Therapists: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Massachusetts Marriage & Family Therapists: This course has been submitted for review for continuing education approval. Credit is pending.

Psychologists & Psychiatrists:



Psychiatrists

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.



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 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.

Other Professions: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

For all credit approvals and details, visit: www.pesi.com/express/86137

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 \$26.99 \$19.99 Cognitive Behavioral Therapy Worksheets** [PUB086040]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

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

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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