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

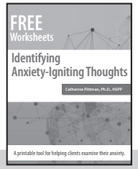
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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.

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- Identify and Treat Perfectionism & Procrastination
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- Help Clients to Stop Avoiding the Feeling of Fear & Face Up to it with Confidence
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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:

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Updated Strategies to Help Even the Most Challenging Clients

- 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.

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Target Audience:

Social Workers • Psychologists • Counselors • Marriage and Family Therapists
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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.

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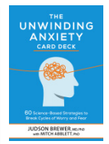
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Recommended Reading:



The 10 Best-Ever Anxiety Management Techniques, 2nd Edition
Margaret Wehrenberg, PsyD
~~$19.95~~ $14.99*
SAM042895



The Unwinding Anxiety Card Deck
60 Science-Based Strategies to Break Cycles of Worry and Fear
Jud Brewer, MD, PhD
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