

Outline

The Anxiety Trap and How to ACT

From natural stress response to chronic reactivity

How anxiety about anxiety leads to a restricted life

Conceptualizing GAD, panic, OCD, health anxiety, and PTSD from an ACT frame

Toward process-focused treatment versus techniques

Help Clients Set Their Life's Course

Don't Let Anxiety "Drive the Bus"

Use "the voice" of anxiety to discern values

Define a life worth living alongside anxiety

Design exposures to coincide with values

Exercise: Bus metaphor

Anxiety as Control Attempt:

Let Go of What Is Not Working

Myths and truths of thought suppression

Dig deeper into the control pit

Increase psychological flexibility in the face of anxiety

Metaphor Exercise: Creative helplessness to get rid of anxiety

Clients Are Not Their Anxiety:

How to Expand the Sense of Self

Explain over-identification with anxiety

Shift from self-as-content to self-as-context

with the anxious client

Metaphor Exercise: Expand the sense of self to put anxiety in context

Defusion:

Break Free from The Battle with Anxious Thinking

How internal representations develop in the human mind

How thoughts are conditioned with meaning and emotion

Reification of thoughts – why arguing with thoughts can make them worse

Brain programming – why clients cannot control or suppress thoughts long-term

Defusion – break the pattern of anxious spirals

Metaphor Exercise: Shift from being lost in the drama to aware of thoughts as they are

Acceptance:

Break Free from the Battle with Anxious Feelings

The nature, purpose, and psychophysiology of anxious feelings

Diving into feelings to uncouple them from thoughts and misinterpretations

Metaphor exercise for exposure therapy

Metaphor exercise for self-compassion

Metaphor exercise for shifting old feelings

through memory reconsolidation

Just this Moment:

Break free from Future Worries and Past Regrets

Why our brains get lost in the past and the future

Help clients start from where they are

Eternity in this moment – the illusion of time

Mindfulness – experiencing reality through the senses versus mental representation

Explore anxiety with curiosity – math problem

versus sunset

Exercise: Three minute mindfulness

Just Do It:

Take Committed Action

How to build momentum toward what really matters

Develop a realistic and workable action plan

Teach clients to act with anxiety

Why we cannot "try" - making the leap

Live Webinar Schedule

(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.

Objectives

1. Determine the idiographic factors that maintain vicious cycles of anxious thoughts, feelings, and behaviors for each individual client.
2. Investigate what really matters to clients to enhance motivation and willingness to engage in the work of therapy.
3. Utilize metaphors to foster a more flexible sense of self in the service of creating a life worth living.
4. Apply new research on metacognition, defusion, and acceptance to change your client's relationship to anxious thoughts and feelings.
5. Employ mindfulness exercises to undermine automatic reactions that maintain the anxiety response.
6. Formulate individualized behavioral activation plans to help clients take measurable steps toward a more fulfilling life.

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LIVE Interactive Webinar
Thursday, March 24, 2022

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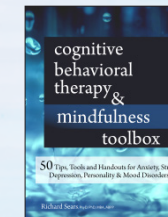
Featuring

Richard W. Sears, PsyD, PhD, MBA, ABPP

International speaker and author of the popular *ACT with Anxiety* workbook—endorsed by Steven C. Hayes, PhD,
Co-developer of Acceptance and Commitment Therapy

Exclusive Offer!

Get **25% OFF** Dr. Sears' *ACT with Anxiety*
and *Cognitive Behavioral Therapy & Mindfulness*
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registration!



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ACT WITH ANXIETY

As a therapist, it’s likely you treat stress and anxiety successfully with techniques like relaxation almost every day. But have you noticed that some clients seem to just get worse, despite your best efforts? **That the more you work to reduce the stress or the anxiety, the worse it gets?**

Teaching relaxation, coping or distress tolerance skills may be fine for surviving a crisis, but in the long run, they often **subtly reinforce avoidance** of thoughts and feelings. **Even talking about anxiety week after week in therapy can become a form of avoidance!** Worse still, the struggle with anxiety can become ingrained in clients’ sense of identity, and their lives become very restricted and without purpose or meaning.


Join ACT expert and author Dr. Richard Sears as he brings the principles of ACT to life with his wisdom, humor, and passion. He’ll help you transform your clients’ relationship with their anxieties to help them build a life worth living. You’ll learn how to skillfully use:

- Acceptance and mindfulness processes to help clients relate differently to anxious thoughts and feelings
- Commitment and behavioral change processes to help them flexibly move in the direction of a more meaningful life

From explaining the ins and outs of ACT with anxiety using everyday metaphors and samples, Dr. Sears’ provides dozens of techniques that can **transform your clients’ suffering in the very first session!**

And as an added bonus, you’ll receive an **EXCLUSIVE 25% OFF** discount on Dr. Sears’ *ACT with Anxiety* and *Cognitive Behavioral Therapy & Mindfulness Toolbox* books—when you purchase either or both with registration!

Target Audience:
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Meet Your Speaker


Richard W. Sears, PsyD, PhD, MBA, ABPP, has given hundreds of workshops on mindfulness and ACT all around the world. He is a board-certified clinical psychologist in Cincinnati, Ohio, where he runs a private therapy and consultation practice, and is Director of the Center for Clinical Mindfulness & Meditation. He holds several academic appointments, including the Department of Clinical Psychiatry & Behavioral Neurosciences with the UC College of Medicine. Dr. Sears is also a psychologist contractor with the Cincinnati VA Medical Center and with Alliance Integrative Medicine.

Dr. Sears is author of over a dozen books, including *ACT with Anxiety; The CBT & Mindfulness Toolbox*; and *Mindfulness: Living Through Challenges and Enriching Your Life*. He is also a sixth degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama of Tibet. He has a PhD in Buddhist Studies, and received ordination in three traditions, as well as recognition as a Zen master.

Speaker Disclosure:
Financial: Richard Sears holds faculty appointments at the University of Cincinnati. He receives a speaking honorarium from PESI, Inc.
Non-financial: Richard Sears is a diplomate of the American Board of Professional Psychology and is a fellow of the Academy of the American Board of Clinical Psychology.


Regarding Dr. Sears’ ACT with Anxiety workbook:
“I love this book. It is easy to read and yet never underestimates the reader. It covers the core of ACT work and has a fresh feel with new ways of expressing these ideas. It takes the science underneath ACT seriously, and yet it never succumbs to jargon. A steady, thorough, practical walk-through of ACT by a person devoted to mindfulness practice. You can feel the author’s balanced presence and authenticity underneath every line. I highly recommend it.”
— **Steven C. Hayes, PhD**, Co-developer of Acceptance and Commitment Therapy

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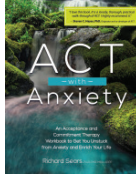
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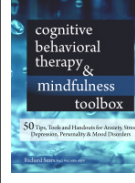
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