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

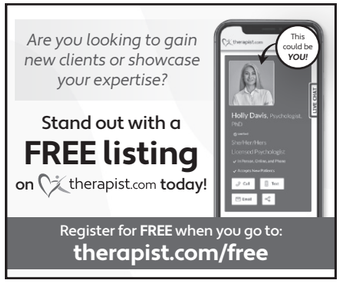
Generalized Anxiety Disorder (GAD) and Worry: Helping Our Clients Live in the Present
Challenge the belief that "I won't be able to handle it"
Understand worry as a compulsion
Skills to help clients handle distressing thoughts/feelings
Mindfulness to get out of the future and into the present
Write worry 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/webcast/87285

Live Webinar Schedule - both days
(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.
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- Methods to use exposure therapy in meaningful, successful ways
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**Professional standards apply. Visit www.evergreencertifications.com/CCATP for professional requirements.*

Meet Your Speakers

Kimberly Morrow, LCSW, is a licensed clinical social worker in private practice in Erie, Pennsylvania. Graduating from Memphis State University with a Master's in psychology and the University of Wisconsin-Milwaukee with a Master's in social work, Kimberly is a compassionate therapist, an anxiety expert, and a national speaker. She has been specializing in treating people with anxiety and OCD for over 25 years and teaching other professionals how to treat anxiety for over 15 years.

Speaker Disclosure:
Financial: Kimberly Morrow is in private practice. She is an author for PESI Publishing and receives royalties. Ms. Morrow receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Kimberly Morrow is a member of the National Association of Social Workers.

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 PESI Publishing and receives royalties; and for John Wiley & Sons, Inc., and receives royalties. Ms. DuPont Spencer receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
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/webcast/87285

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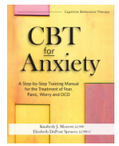
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Recommended Reading:



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A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD
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