

## 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 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. 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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**The Ten Best-Ever  
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Updated Strategies to Help Even  
the Most Challenging Clients


Featuring neuroscience and anxiety expert,  
**Dr. Daniel van Ingen**

- The Latest Research on Neuroscience including Default Mode Network (DMN) and Memory Reconsolidation
- Identify and Treat Perfectionism & Procrastination
- Comprehensive Techniques to Stop Rumination & Eliminate Panic
- Help Clients to Stop Avoiding the Feeling of Fear & Face Up to it with Confidence
- Practical Strategies you can Immediately Apply with all Clients

Loaded with  
Case Examples  
and Experiential  
Learning

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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!** Join neuroscience and anxiety expert, Dr. Daniel van Ingen as he teaches you the *10 Best-Ever Anxiety Techniques* and help you master:

- 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, Dr. Daniel van Ingen's pragmatic approach will provide you with practical strategies you can immediately use with all clients.

**Target Audience:**  
Social Workers • Psychologists • Counselors • Marriage and Family Therapists  
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**The Ten Best-Ever Anxiety Treatment Techniques**  
Updated Strategies to Help Even the Most Challenging Clients

### Meet Your Speaker

**Daniel van Ingen, PsyD**, is a licensed clinical psychologist, and the author of 3 books: *Anxiety Disorders Made Simple: Treatment Approaches to Overcome Fear and Build Resiliency*, *You Are Your Child's Best Psychologist: 7 Keys to Parenting with Excellence*, and *Flourish: Breaking Free with Less TV*. He earned his B.A. in psychology at the University of St. Thomas in St. Paul, Minnesota, where he was a medal of courage recipient and had a tree planted in his name for his support and advocacy for minority students. He earned his M.A. at Saint Mary's University in Minneapolis and his Psy.D. at the University of St. Thomas Graduate School of Professional Psychology. Some of his experiences include coordinating a PTSD clinic at a VA medical center, work in two college counseling centers, service in substance abuse outpatient treatment, training medical residents in St. Petersburg, FL, and directing a day treatment program for adults with intellectual disabilities and challenging behavior for five years.

Dr. van Ingen, trained as a scholar-practitioner, has many empirical studies published on cognitive behavioral therapy for anxiety disorders, parenting research, and disabilities. He has presented at national and international conferences for over 15 years. His book, *Anxiety Disorders Made Simple: Treatment Approaches to Overcoming Fear and Building Resiliency*, has received outstanding reviews from psychologists, psychiatrists, and social workers alike. He has been dubbed the Sarasota Parenting Doctor in his private practice work with families. He is co-founder of Parenting Doctors [[www.parentingdoctors.com](http://www.parentingdoctors.com)], an organization dedicated to serving Sarasota County families. He is a national speaker, blogs anxiety articles and posts weekly parenting podcasts on his website [www.danvaningen.com](http://www.danvaningen.com), also available at iTunes. He has been featured on ABC-7 for his expertise on anxiety treatment. Follow him at twitter @drvaningen, his Facebook page: Anxiety Disorders Made Simple, and at his Parenting Doctors YouTube channel.

Speaker Disclosure:  
Financial: Daniel van Ingen maintains a private practice. He receives a speaking honorarium from PESI, Inc. Daniel has no relevant financial relationships with ineligible organizations.  
Non-financial: Daniel van Ingen has no relevant non-financial relationship to disclose.

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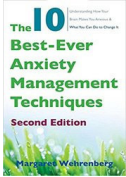
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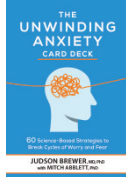
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### Recommended Reading:



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

SAM042895



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60 Science-Based Strategies to Break Cycles of Worry and Fear  
Jud Brewer, MD, PhD  
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