

## ..... Outline .....

### **Core Elements of Imposter Syndrome**

Symptoms associated with imposter syndrome  
Measures to assess the impacts  
DSM-5® diagnoses associated with imposter syndrome

### **Exploring Stuck Points with Clients**

Identify thoughts associated with imposter syndrome  
Using Socratic questioning to explore stuck points  
The impact of social stress  
Cultural dynamics (gender and race) in relation to imposter syndrome occurrences

### **Factors that Intensify Imposter Syndrome and Professional Burnout**

Stressors that exacerbate mental health symptoms  
5 stages of burnout  
Work cultures that cultivate imposter syndrome feelings  
Strategies to help clients overcome burnout and re-establish professional fulfillment

### **Anxiety, Imposter Syndrome and Perfectionism:**

#### **ACT, CBT and Mindfulness to Treat Anxiety in Clients Who Feel Like Frauds**

How perfectionism and imposter syndrome work together  
CBT strategies to manage distressing feelings and unrealistic expectations  
Using ACT to increase self-compassion and decrease rumination over mistakes  
Mindfulness interventions for stress reduction  
Managing accompanying sleep issues  
Research, risks and limitations

### **When Imposter Syndrome Leads to Depression:**

#### **Treatment Strategies to Overcome Negative Thoughts, Low Self-Worth and More**

CBT strategies to identify faulty thinking patterns that worsen perceptions of one's self  
Re-align with valued living and goals with ACT  
Mindfulness interventions to increase emotional tolerance  
Overcoming feelings of isolation and disconnectedness  
Self-care strategies to foster feelings of empowerment  
Research, risks and limitations

#### **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. Assess for common mental health symptoms associated with imposter syndrome.
2. Utilize Socratic questioning to explore imposter syndrome stuck points.
3. Employ strategies from CBT to identify faulty thinking patterns in anxious clients with unrealistic expectations of themselves.
4. Use ACT techniques to increase client's self-compassion and decrease their rumination over perceived mistakes.
5. Utilize mindfulness interventions to increase emotional tolerance in clients with depression.
6. Develop treatment plans that account for sleep issues that often accompany clients who constantly worry that they're not good enough and will be "found out."

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# Imposter Syndrome

## Treating Anxiety, Depression, and Burnout in Clients Who Feel Like Frauds

**Live Interactive Webinar**  
**Friday, November 4, 2022**

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# Imposter Syndrome

## Treating Anxiety, Depression, and Burnout in Clients Who Feel Like Frauds

- Strategies to build clients' self-confidence and self-assurance
- Proven therapeutic steps to manage anxiety and emotional stress
- Includes interactive exercises from two of today's top therapies
- Guide clients toward professional and personal fulfillment

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## Imposter Syndrome

Treating Anxiety, Depression, and Burnout in Clients Who Feel Like Frauds

Today's professional life of ever-changing roles, shifting responsibilities and new technologies to adapt to has left more clients than ever before struggling with imposter syndrome.

These clients, often outwardly successful, feel like undeserving frauds. Trapped in their own negative thoughts and never-ending self-doubt, many find themselves in your office struggling with anxiety, depression and burnout.

But treating these clients is tricky. They minimize their many abilities, shrug off their inner strengths and see themselves as unworthy – leaving you struggling to show them their true talents and value.

Lillian Gibson, PhD is a licensed clinical psychologist who's been helping clients escape the self-doubt and self-criticism of "not being enough" for over a decade. Now in this live one-day webinar you'll get the tools you need to help clients overcome imposter feelings, treat their resulting anxiety and depression, and guide them to a life of self-confidence, peace, and self-assurance in both their work and personal lives.

With interactive exercises you can immediately use in your practice you'll leave able to identify clients with imposter syndrome and capably move them past their stuck points. PLUS you'll get specific guidance for working with the anxiety and depression that often plagues these clients using ACT and CBT.

Don't wait to get up to speed on this rapidly growing client population.

**Register today!**

### Target Audience:

Social Workers • Counselors • Psychologists • Marriage & Family Therapists  
Addiction Counselors • Psychiatrists • Physicians • Other Mental Health Professionals



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## Meet Your Speaker

**Lillian Gibson, PhD**, is a licensed clinical psychologist who's been helping clients escape the self-doubt and self-criticism of "not being enough" for over a decade. In addition to working with clients facing race-based traumas, minority stress, anxiety, depression, trauma, insomnia, nightmares, and chronic medical conditions, Dr. Gibson has helped medical residents and budding mental health clinicians uniquely develop their professional voice when entering into their careers.

Dr. Gibson is a highly recommended speaker, consultant, and clinician who is frequently engaged by non-profit agencies, community-based programs, and mental health agencies to inform and train their staff on culture affirming best practices for both employees and patients.

Experienced in a variety of settings including inpatient mental health centers, outpatient behavioral care services, and primary care settings, Dr. Gibson's professional footprints include places such as Johns Hopkins Medicine and the Quality Education for Minorities Network. Dr. Gibson has also conducted international research in Johannesburg, South Africa.

Speaker Disclosure:

Financial: Dr. Lillian Gibson maintains a private practice. She receives compensation as an independent consultant. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Lillian Gibson has no relevant non-financial relationships.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Social Workers, Counselors, Psychologists, Marriage & Family Therapists, Addiction Counselors, and Physicians.**

For specific credit approvals and details, visit [pesi.com/webcast/87817](http://pesi.com/webcast/87817)

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**November 4, 2022** [PWZ87816]

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8am Central time

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## Recommended Reading:



PUB087125

**Maybe You Should Talk to Someone**  
*The Workbook: A Toolkit for Editing Your Story and Changing Your Life*  
Lori Gottlieb, MFT

~~\$24.99~~ **\$19.99\***



PUB084780

**The Self-Compassion Deck**  
*50 Mindfulness-Based Practices*  
Tim Desmond, LMFT, Mitch R. Abbett, PhD, & Christopher Willard, PsyD

~~\$17.99~~ **\$14.99\***

*\* Discount Included with purchase of the Webinar*

### OTHER WAYS TO REGISTER

**Phone: 800-726-3888**

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

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