

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/88543

Live Webinar Schedule - both days  
(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.

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# 2-Day Anxiety Certification Course

Integrate CBT and Exposure & Response  
Prevention for Treatment of GAD, Panic Disorder,  
OCD, Social Anxiety, & Phobias

## LIVE Interactive Webinar Thursday & Friday, April 27 & 28, 2023

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Live Online Certification Training

# 2-Day Anxiety Certification Course

Integrate CBT and Exposure & Response  
Prevention for Treatment of GAD, Panic Disorder,  
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Featuring  
**Kimberly Morrow, LSCW & Elizabeth Spencer, MSW, LCSW-C**  
Award Winning Experts and Authors in Anxiety and OCD




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A Non-Profit Organization Connecting Knowledge with Need Since 1979

## 2-Day Anxiety Certification Course

Do you feel overwhelmed by the severity of your client's anxiety symptoms?

Does their need to seek reassurance and perform compulsions prevent them from moving forward in therapy? You are not alone if you find your clients experiencing the same frightening symptoms after several therapy sessions, if they get stuck on the "why's" of anxiety, or if they are unable to take meaningful action against their anxiety.

Join award winning experts in anxiety and OCD—Kimberly Morrow, LCSW & Elizabeth Spencer, LCSW-C—for this intensive **2-Day Anxiety Certification Course** to learn the gold standard of care for treating GAD, Panic Disorder, OCD, Social Anxiety, and Phobias. **You'll learn to skillfully integrate CBT with Exposure and Response Prevention (ERP) to climb over obstacles in therapy and gain confidence in your ability to treat the most symptomatic, anxious clients on your caseload.**

In this intensive **2-Day Anxiety Certification Course**, you'll reap the benefits of Morrow and Spencer's expertise as well as their friendly and passionate approach to teaching CBT with ERP.

**You'll start seeing real results with these cutting-edge CBT and ERP interventions, that give you:**

- Ways to help clients face their triggers and change their relationship with fear
- Strategies to manage your own fears about treating your anxious clients
- Methods to use exposure therapy in meaningful, successful ways
- Specific strategies for Panic Disorder, phobias, OCD and social anxiety

Packed with videos, case examples, and opportunities to practice and build skills confidently, you'll walk away with strategies you can use the very next day!

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Clinical Anxiety Treatment Professional (CCATP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of anxiety counseling. Professional standards apply. Visit [www.evergreencertifications.com/CCATP](http://www.evergreencertifications.com/CCATP) for details.

Don't miss this opportunity to grow your confidence and your practice while helping your clients get their lives back! **REGISTER NOW!**

### Target Audience:

Social Workers • Psychologists • Counselors • Marriage and Family Therapists • Physicians  
Case Managers • Addiction Counselors • Therapists • \*Speech-Language Therapists  
Other Mental Health Professionals

*\*Upon completion of this course, SLPs are eligible to become a Certified Anxiety-Informed Professional (CAIP) - professional standards apply.*



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- **No hidden fees – PESI pays for your application fee (a \$99 value)\*!**
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*Attendees will receive documentation of CCATP certification from Evergreen Certifications 4 to 6 weeks following the program.  
\*Professional standards apply. Visit [www.evergreencertifications.com/CCATP](http://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 the co-owner of AnxietyTraining.com and maintains a private practice. She receives royalties as an author with PESI Publishing. Kimberly Morrow receives a speaking honorarium and recording royalties 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 and the Anxiety and Depression Association of America.

**Elizabeth DuPont Spencer, MSW, 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 maintains a private practice and is co-owner of AnxietyTraining.com, LLC. She receives royalties as a published author. Elizabeth DuPont Spencer receives a speaking honorarium, recording royalties and book royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Elizabeth Dupont Spencer is a member of the Anxiety Disorders Association of America and the National Association of Social Workers.

To view the full bio, visit [www.pesi.com/webcast/88543](http://www.pesi.com/webcast/88543)

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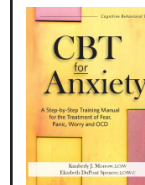
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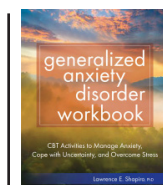


PUB085465

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

Kimberly Morrow, LCSW &  
Elizabeth DuPont Spencer, M.S.W., LCSW-C

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



PUB087120

**Generalized Anxiety Disorder Workbook**

*CBT Activities to Manage Anxiety, Cope with Uncertainty, and Overcome Stress*

Lawrence E. Shapiro, PhD

~~\$26.99~~ **\$22.99\***

*\* Discount Included with purchase of the Webinar*

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