

## Outline

### Assessing Clients for Health Anxiety

Common traits of sufferers and the impact of COVID-19

DSM-5™ Criteria: Somatic Symptom Disorder and Illness Anxiety Disorder

Diagnosis and differentiation between these two disorders

Instruments and interviewing techniques

Common co-morbid disorders

Health anxiety vs OCD

### Physical Symptoms, Stress and the Brain-Body Connection

Why we no longer use “hypochondriac”

Techniques for getting client buy-in

Physical symptoms of stress and anxiety

The brain-body connection

### Breaking the Cycle: Psychoeducation and Early Session Interventions

Psychoeducation: 3 activities to explain the cycle to clients

Techniques to reduce reassurance seeking behaviors

Strategies to help control self-checking and research rabbit holes

Case study: John, 50 years old

### Cognitive Behavioral Therapy (CBT): Proven Techniques to Challenge the Health Worries Clients Can't Shake

Practical tips for goal setting

Thought experiments to expose misbeliefs about health and illness

Hypothesis testing and gathering evidence for worried thoughts

Challenging core beliefs about health

Using exposure techniques in health anxiety treatment

### Acceptance and Commitment Therapy (ACT): Build Uncertainty Tolerance and Somatic Symptom Acceptance

The problem with experiential avoidance

Clinical strategies to enhance uncertainty tolerance

ACT exercises to help clients better accept somatic symptoms

Mindfulness techniques to interrupt rumination and automatic reactions

Breathwork for “in the moment” stress relief

### Clinical Considerations

How to assess progress

Managing issues of transference

Limitations of the research and potential risks

#### Live Webinar Schedule (Times listed in Central)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

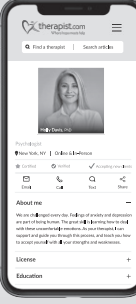
There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## Objectives

1. Assess for Somatic Symptom Disorder and Illness Anxiety Disorder in clients.
2. Differentiate healthy anxieties from potential co-morbid disorders.
3. Develop and provide client-friendly psychoeducation about health anxiety and its related symptoms.
4. Build collaborative treatment plans tailored to each client's unique experience of health anxiety.
5. Utilize evidence-based CBT strategies to break the problematic cycle of health anxiety through changing thoughts and behaviors
6. Apply ACT techniques and mindfulness-based strategies to enhance clients' uncertainty tolerance and acceptance of somatic symptoms.

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# The Health Anxiety

## TREATMENT GUIDE

### ACT and CBT-Based Interventions for Illness Anxiety and Somatic Symptom Disorders

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# The Health Anxiety

## TREATMENT GUIDE

### ACT and CBT-Based Interventions for Illness Anxiety and Somatic Symptom Disorders

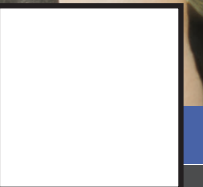
- Root out hidden health anxiety and drive client progress
- Gain skills and tools to diagnose and treat rapidly growing disorders
- Receive evidence-based clinical techniques to break the cycle of health anxiety
- Includes worksheets and specific exercises!



#### Live Interactive Webinar Tuesday, June 27, 2023

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# The Health Anxiety Treatment Guide

## ACT and CBT-Based Interventions for Illness Anxiety and Somatic Symptom Disorders

A nervous awareness of potential illness will continue to lurk on every doorknob and in every crowded room for years to come.

But for many clients, extreme anxieties about their health lead to hours checking their symptoms online, undergoing dozens of unnecessary doctor visits, and doing anything to evade perceived health risks.

And if you can't help these clients learn to stop fearing death, they'll continue to avoid life.

But these anxieties can be tricky to recognize and tough to treat. Without the right approach you could fail to spot the problem, lose your client's trust when you suggest their fears are exaggerated, or even inadvertently reinforce their anxieties.

That's why health anxiety treatment expert and author Taylor Ham, LMFT created this online training, so you can **get the up-to-date skills and clinical tools** you need to confidently diagnose and treat these clients and free them from the fears that control their lives.

Packed with **case studies, worksheets and practice tips**, Taylor will provide you a blueprint for identifying health anxieties that can hide beneath relationship distress, OCD and other presenting issues. PLUS she'll give you step-by-step instructions on how to use **CBT, ACT, and mindfulness-based interventions** to make real therapeutic progress and:

- Maintain clients' trust when confronting them about exaggerated symptoms
- End reassurance seeking and checking behaviors that can prolong their anxieties
- Use exercises to help clients tolerate uncertainty and accept somatic symptoms
- Reduce clients' unhealthy rumination and intrusive thoughts
- And much more!

Don't wait to get the tools you need to break the unhealthy cycle trapping so many of today's clients.

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# Meet Your Speaker

**Taylor M. Ham, LMFT, CCATP**, is a Certified Clinical Anxiety Treatment Professional and author of the book *The Health Anxiety Workbook: Practical Exercises to Overcome Your Health Worries* (Rockridge Press, 2021).

Ms. Ham specializes in treating a range of anxiety and mood issues, as well as stress and relational issues. In her practice, she uses evidence-based cognitive-behavioral and mindfulness-based techniques to help clients leave their health-related anxieties behind so they can live the lives they want. Ms. Ham earned her M.S. degree in marriage and family counseling from Virginia Tech University and has been designated a Clinical Fellow by the American Association for Marriage and Family Therapy (AAMFT).

Speaker Disclosure:

Financial: Taylor Ham maintains a private practice and receives royalties as a published author. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Taylor Ham has no relevant non-financial relationships to disclose.



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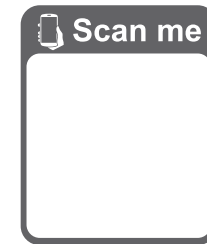
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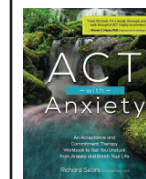
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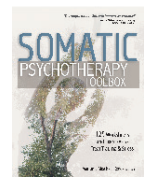


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