

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.

Limited time only

Create your
FREE
directory listing

therapist.com

Go to therapist.com/tcom to learn more.

**Group Training
Solutions Made Easy!**

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

The Health Anxiety

TREATMENT GUIDE

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

Live Interactive Webinar Monday, July 17, 2023

Can't Attend Live? Get the On-Demand Training!



REGISTER NOW:
pesi.com/webcast/89298



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

Live Online –or– On-Demand!

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 Monday, July 17, 2023

Can't Attend Live? Get the On-Demand Training!

Register Now: pesi.com/webcast/89298

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.

Register now!

Target Audience:

Counselors • Marriage and Family Therapists • Nurses • Physicians • Psychologists
Addiction Counselors • Social Workers • Other Mental Health Professionals

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Josh Becker** at jbecker@pesi.com.

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.



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar
Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2023 - January 27, 2026. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Earn up to
6.25 CE
Hours for one
low price!

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab, PESI AU, PESI UK, and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesi.com/webcast/89298

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs



Register Online at:
pesi.com/webcast/89298

Live Interactive Webinar (Option 1)

July 17, 2023 PWZ89297

\$219.99 tuition

8am Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS058957

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 RNV058957

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

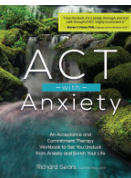
Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

Special Offer! Up To 25% Off!

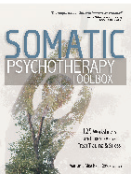


PUB086560

ACT with Anxiety
An Acceptance and Commitment Therapy Workbook to Get You Unstuck from Anxiety and Enrich Your Life

Richard Sears PsyD, PhD, MBA, ABPP

~~\$29.99~~ **\$22.99***



PUB085450

Somatic Psychotherapy Toolbox
125 Worksheets and Exercises to Treat Trauma & Stress

Manuela Mischke-Reeds, MA, MFT

~~\$42.99~~ **\$26.99***

* Discount Included with purchase of the Webinar