

Outline

Treatment Strategies

Prepare Clients for Treatment

- Disarm the fear of treatment
- Discover the Anxiety Trick
- Experiment with exposure and acceptance
- Empathy requires a phobic viewpoint

Schools of Treatment

- CBT methods to review outcomes and plan experiments
- ACT methods to promote acceptance of discomfort and action
- Metacognitive Therapy methods to disengage from arguing with anxious thoughts
- Paradoxical methods to encourage exposure

Use Your Body

- Belly breathing the right way
- Don't take it lying down
- What's your job when you're anxious?
- Replace destructive protection with valued actions
- The rule of opposites

Interacting with Your Mind

- The problem with correcting thoughts
- Uncle Argument at the banquet
- Disengage from "what if?"
- Change your relationship with worry

Train Your Brain

- Work with your amygdala
- The real purpose of exposure
- Undoing safety behaviors
- Being AWARE

Treating Anxiety Disorders

Panic Disorder

- What maintains it? How to end it.
- Hope and help for demoralized clients
- Get unstuck from the "Why?" questions
- 3 powerful questions

Social Anxiety Disorder

- The self-centered phobia
- Whose thoughts bother you?
- Secrecy is a safety behavior
- Would you like to try an experiment?
- Compassion for self

Generalized Anxiety Disorder

- The two types of worry
- The Mad Libs of anxiety
- Paradoxical thought experiments
- Don't even think of thought stopping
- Worry appointments and exposure methods for worry

Specific Phobias

In vivo exposure for:

- Fear of flying
- Fear of public speaking

Research Limitations and Risks of Psychotherapeutic Approaches

Live Seminar Schedule

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (*on your own*)
- 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. Communicate how anxiety can impede clients' ability to engage in treatment and utilize clinical strategies to alleviate this issue.
2. Analyze the efficacy of various anxiety treatment approaches, including CBT, ACT, Metacognitive Therapy and paradoxical methods.
3. Implement clinical techniques to address clients' thoughts, feelings and behavior that underlie anxiety, including shame, blame and excessive self-protection.
4. Teach a simple breathing technique that both decreases acute anxiety symptoms and serves as a metaphor for management of future anxiety.
5. Apply simple yet effective clinical interventions in session to help clients acquire a new perspective of chronic anxiety and a more adaptive approach to managing symptoms.
6. Utilize specific behavioral interventions to decrease symptoms of Panic Disorder, Social Anxiety Disorder, Generalized Anxiety Disorder, and Specific Phobias.

Questions? Visit pesi.com/faq or e-mail us at info@pesi.com

— FREE —
Worksheets



Free Gratitude, Mindfulness & Optimism Worksheets

pesi.com/worksheetshappiness

Bring any training
in-house!



Convenient • Cost-Effective • Customizable

for more information visit
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
A division of PESI, Inc.

CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

CHERRY HILL, NJ
Wednesday, September 18, 2019

KING OF PRUSSIA, PA
Thursday, September 19, 2019

CHRONIC ANXIETY

Powerful Treatment Methods to Break the Anxiety Cycle

Featuring Anxiety Treatment Expert and Author,
David Carbonell, Ph.D.

- Create effective strategies using ACT, CBT, Metacognitive and Paradoxical therapies
- Help clients quiet their mind and relieve chronic worry
- Effectively treat panic disorder
- Eliminate the barriers of social anxiety
- Overcome fears of flying and public speaking

NBCC
Credit
Available!

CHERRY HILL, NJ
Wednesday, September 18, 2019

KING OF PRUSSIA, PA
Thursday, September 19, 2019

PESI
www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW: pesi.com/express/73119

REGISTER NOW: pesi.com/express/73119

**Become
CCATP
Certified!**
Details Inside

Target Audience: Social Workers • Psychologists • Counselors • Occupational Therapists
Occupational Therapy Assistants • Speech-Language Pathologists • Marriage and Family Therapists
Case Managers • Addiction Counselors • Therapists • Nurses • Other Mental Health Professionals

CHRONIC ANXIETY

Chronic anxiety disorders all involve a "threat" that doesn't occur. Panic attacks don't kill, obsessive doubts about the stove don't cause fires, social anxiety doesn't lead to disgrace and isolation, worry doesn't lead to insanity. The feared outcomes recede into the future the way an optical illusion recedes into the horizon.

Why are anxiety disorders so powerfully chronic? It's because chronically anxious clients get tricked by their own efforts to avoid, distract from, and protect against the perceived dangers. When the dangers don't come to pass, they believe they had a narrow escape from a terrible calamity, and feel more vulnerable going forward rather than less. They become increasingly afraid of more and more improbable events. What we call the "anxiety disorders" could be more accurately termed "the disorders of excessive self-protection", because that's how they function!

How can you help them recover? By teaching them how to disengage from the self-protective behaviors that trick them. Attend this workshop and learn how to help your anxious clients find the evidence of this in their own lives, so you can help them approach and accept, rather than avoid and resist, the experience of anxiety.

This workshop will teach you to empower your anxious clients to see themselves as good, capable people who have been fooled by anxiety, rather than defective people who need protection.

Discover how to motivate your clients to seek out, rather than avoid, the corrective experiences they need for recovery. Take home effective strategies from Acceptance and Commitment Therapy, Paradoxical Therapy, Metacognitive Therapy, and traditional CBT to help your clients rediscover the hopes and dreams they had for life before they were derailed by their struggle against anxiety. You, and your clients, will be glad you did!

Speaker

Effective treatment methods for anxiety disorders were just starting to enter the mainstream when **David Carbonell, Ph.D.**, began his career as a psychologist over 25 years ago. He's been helping people overcome fears and phobias, and developing new treatment strategies, ever since. Blending humor, compassion, and acceptance with cognitive behavioral methods, Dr. Carbonell, a sought after presenter, has taught his unique treatment methods to more than 5,000 mental health professionals at workshops across the country.

Dr. Carbonell is the "Coach" at www.anxietycoach.com, a popular self help site, as well as the author of *The Worry Trick* (New Harbinger Publications, 2016) and *Panic Attacks Workbook* (Ulysses Press, 2004). He's the founding member of The Therapy Players, an improvisational comedy troupe of psychotherapists, and a frequent speaker at annual conferences of the Anxiety and Depression Association of America. He has a unique blend of CBT, ACT, Metacognitive Therapy to offer people with anxiety disorders, and the professionals who treat them, and it's his goal for you to leave armed with an approach, and numerous specific tools, that you can use the next day.

Clinicians rave about David's guiding formulation of the Anxiety Trick, the simple, humorous language with which he describes it, and the way he helps you translate it into practical, powerful interventions. Join him for a day and go home ready to use innovative new strategies for helping anxious clients, bypassing many of the usual obstacles to progress as you guide your clients to recovery.

Speaker Disclosure:

Financial: David Carbonell maintains a private practice. He receives royalties as an author for Ulysses Press. Dr. Carbonell receives a speaking honorarium from PESI, Inc.

Non-financial: David Carbonell has no relevant non-financial relationship to disclose.



BECOME CERTIFIED!
This course counts toward the educational hours required for Certification or Recertification as a Certified Clinical Anxiety Treatment Professional (CCATP).
Visit icatp.com for the full certification requirements.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

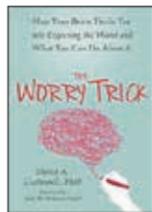
Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Valerie Whitehead at vwhitehead@pesi.com or call 715-855-8166.



FREE TUITION
For Veterans & Active Military Personnel

PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

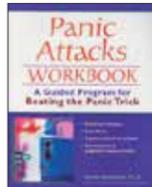
***Save Shipping Costs** by including these products with registration!



The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It

By David Carbonell, Ph.D., **Your Presenter!**

Are you truly in danger or has your brain simply "tricked" you into thinking you are? In *The Worry Trick*, psychologist and anxiety expert David Carbonell shows how anxiety hijacks the brain and offers effective techniques to help you break the cycle of worry, once and for all. Anxiety is a powerful force. It makes us question ourselves and our decisions, causes us to worry about the future, and fills our days with dread and emotional turbulence. Based in acceptance and commitment therapy (ACT) and cognitive behavior therapy (CBT), this book is designed to help you break the cycle of worry.



Panic Attacks Workbook: A Guided Program for Beating the Panic Trick

By David Carbonell, Ph.D., **Your Presenter!**

Panic is an insidious trick that makes your clients fear simple, everyday things: driving, shopping, socializing, traveling and more. The first attack comes out of nowhere, and then panic tricks them into responding in precisely the ways that invite the panic back, again and again. The panic trick is highly effective and has drawn millions of people into panic attacks and phobias. You can help your clients outsmart and beat this trick. This book shows you how, with a step-by-step guide from panic to recovery. The proven methods in this book show how to identify the panic trick and empower your clients with the tools to address their fears and solve this debilitating problem.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: 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.

PENNSYLVANIA ADDICTION COUNSELORS: This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 6.25 PCB Approved Hours of Education. (Valid for PA locations only)

COUNSELORS: Chronic Anxiety: Powerful Treatment Methods to Break the Anxiety Cycle has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3178. PESI is offering this activity for 6.25 clock hours of continuing education credit.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

PENNSYLVANIA PSYCHOLOGISTS: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.



ASHA CONTINUING EDUCATION
AMERICAN SPEECH-LANGUAGE HEARING ASSOCIATION

PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SPEECH-LANGUAGE PATHOLOGISTS ONLY: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

SOCIAL WORKERS: 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, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice 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.

NEW JERSEY SOCIAL WORKERS: Chronic Anxiety: Powerful Treatment Methods to Break the Anxiety Cycle, Course #2479, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 05/09/2019 - 05/09/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTRATION FORM CHRONIC ANXIETY: POWERFUL TREATMENT METHODS TO BREAK THE ANXIETY CYCLE

SAVE TIME! Express Register Online: pesi.com/express/73119

1 Please complete entire form if sending by mail *please print legibly*

Mail Code: _____ See mail code box on reverse side above your name & address

*E-mail address _____
***Email required to receive CE Certificate and registration confirmation.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph (_____) _____ Work Ph (_____) _____
***Required for event updates**

2 Select Location *(make copy for your records)*

CHERRY HILL, NJ • September 18, 2019 (73119CHE)
Holiday Inn Cherry Hill • 2175 West Marlton Pike • 08002
(856) 663-5300

KING OF PRUSSIA, PA • September 19, 2019 (73119KOP)
Crowne Plaza Valley Forge
260 Mall Boulevard • 19406 • (610) 265-7500

3 Select Tuition

TUITION including seminar manual
\$199.99 – choose one of the options below:
 per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date

\$229.99 standard

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

\$16.95* *The Worry Trick* book (SAM084235)
 \$17.95* *Panic Attacks Workbook* (SAM010340)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**
 Purchase order enclosed (Fed ID # 26-3896894)

MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

Chronic Anxiety

— Seminar on DVD* (video) 199.99 (RNV052305)
— Seminar on CD* (audio) 169.99 (RNA052305)

Product total _____
*Shipping _____
Subtotal _____
**Tax _____
TOTAL _____

CE hours and approvals on products may differ from live CE approvals.
*Shipping is \$6.95 first item + \$2.00 each add'l item.
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR