



## **Course: overcoming panic and worry: mastering exposure work with acceptance, defusion, humor, and paradox**

**Address:** <https://asadis.net/en/course/deconstructing-panic-and-worry/>

**Duration:** 5h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$200.00

### **Overview:**

Chronic anxiety disorders all involve a “threat” that does not occur; panic attacks do not produce death, obsessive doubts about germs do not cause infections, just as worry does not lead to insanity. Chronically anxious clients get tricked by their own efforts to avoid, distract from, and protect against the perceived dangers. When the dangers do not 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. In some ways, what we call “anxiety disorders” could be more accurately termed “disorders of excessive self-protection”. Clinicians can help their clients and patients learn how to disengage from the self-protective behaviors that trick them. In this workshop, Dr. Carbonell will explain how you can empower your anxious clients to see themselves as good, capable people who have been fooled by anxiety, rather than defective people who need protection. You will learn how to motivate your clients to seek out, rather than avoid, the corrective experiences they need for recovery. Dr. Carbonell will also present effective strategies from Acceptance and Commitment Therapy, Paradoxical Therapy, Metacognitive Therapy, and traditional CBT to help your clients and patients rediscover the hopes and dreams they had for life before they were derailed by their struggle against anxiety.

### **Learning objectives:**

1. Understand how clients become enmeshed in a counterproductive struggle against anxiety.

2. Help clients acquire adaptive approaches to managing symptoms.
3. Become effective in addressing client shame, blame, and excessive self-protection.
4. Implement clinical techniques to address clients' thoughts, feelings, and behaviors

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. David Carbonell**

Dr. David Carbonell, Ph.D. is a Clinical Psychologist who specializes in helping people overcome fears, phobias and worry. He is the author of four self- help books: Panic Attacks Workbook, The Worry Trick, Fear of Flying Workbook, and Outsmart Your Anxious Brain: Ten Simple Ways to Beat the Worry Trick. He is the "coach" of the popular self-help site, [anxietycoach.com](http://anxietycoach.com), and has taught workshops on the treatment of anxiety disorders to more than 10,000 therapists in the U.S. and abroad. He received his doctorate in clinical psychology from DePaul University in 1985 and has maintained a practice devoted to the treatment of anxiety disorders in Chicago since 1990. In his spare time, he is the founding member of The Therapy Players, an improvisational comedy troupe of professional psychotherapists in the Chicago area.

**Syllabus**

PowerPoint

Understanding Anxiety

Presentation

Treating anxiety disorders

Models to draw from

The false signals of danger

The anxiety trick

First, Reducing Anxiety

Anxiety doesn't just fool you once

The first session - Reducing Anxiety about Treatment

Video role play- belly breathing

The controversy about breathing instruction

Second, Breaking the Anxiety Cycle

The rule of opposites

Finding evidence of the trick in client observations

The scary movie example

Identifying safety behaviors

Avoidance and escape

Distraction and reassurance

Support people and objects

Rituals and superstitions

Secrecy

Control

Mastering Exposure and Overcoming Panic

Creating interventions- invite clients to try experiments

An observing posture

Responding to high anxiety - the AWARE steps

The Amygdala- your unconscious guardian

You never forget your first attack

Describing a recent attack

Video role play- 3 powerful questions

The panic cycle

What brings the panic to an end

Models of exposure

Inhibitory learning

Exposure guidelines

Video role play repeating the worry experiment

Are you motivated to worry?

Conclusion

Bibliography