Course: innovative strategies for treating complex anxiety disorders

Address: https://asadis.net/en/course/innovative-strategies-treating-complex-anxiety-disorders/

Duration: 6h

Type of course: Continuing education

Location: Online course

Individual price: $200.00

Overview:
Many clients seen in clinical practice suffer from one form or another of anxiety. Unfortunately, a significant number of these patients and clients do not respond to the treatments they were offered by other therapists despite their use of empirically supported strategies such as exposure, mindfulness, and cognitive therapy.

In this workshop, Dr Abel explains how to avoid common pitfalls of ineffective anxiety treatment and demonstrates how to apply effective strategies to help your clients and patients overcome excessive worry, panic attacks and insomnia. In addition to this, you will learn specific programs for the treatment of hypochondriasis, perfectionism, catastrophizing, intolerance of uncertainty, and procrastination.

Dr Abel also presents techniques of self-control desensitization to help clients to master catching the anxiety spiral early and significantly reduce worry and panic. She also demonstrates several relaxation and mindfulness exercises, some traditional, and others unique, as well as hands-on strategies to help clients problem solve and manage their “to do” lists.

With this workshop, participants will master a quicker, more practical method of cognitive therapy and learn about traditional and newer forms of exposure therapy including flooding phobic fears and words, interoceptive exposure, and the use of technology in exposure. Finally, you will learn how to rule out sleep disorders, understand what causes and maintains insomnia, and learn evidence-based strategies to help your clients fall asleep and sleep through the night.
Learning objectives:
1. Identify and avoid treatment pitfalls and learn evidence-based approaches to correct them

2. Understand the anxiety spiral and master several methods to prevent worry and panic
3. Stop negative reinforcement with various forms of exposure for panic, worry, and fear of guilt
4. Treat treatment-resistant problems like perfectionism, procrastination, and others

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. Abel, clinical psychologist, completed her doctoral degree at West Virginia University and her post-doctorate at Penn State University. She is a clinical psychologist, international speaker and author with over three decades of specializing in the treatment of anxiety. She served as Assistant Director of Penn State University's Stress and Anxiety Disorders Institute, in addition to having an active private practice.

Dr. Abel has developed many innovative techniques based on empirically proven strategies that are very effective in relieving anxiety. Her numerous books, including Active Relaxation and Resistant Anxiety, Worry, and Panic: Practical Treatment Strategies for Clinicians received high praise from mental health professionals. Her most recent book is the best-selling The Anxiety, Worry, and Depression Workbook. Dr. Abel is an experienced presenter who has delivered numerous workshops for mental health and allied health professionals across the USA, Canada, and Australia.

Syllabus
PowerPoint
Presentation
Unraveling worry
Worry- definition and facts
The importance of treating worry-GAD
Navigating panic
Panic attack
The worry spiral
Catch the spirals early
Insights and research
Research with worry
White bear research
Process vs command
Mindfulness mastery
Worry postponement
Mindfulness as acceptance
Observation vs acceptance

Relaxation realms

Passive-quiet relaxation

Active relaxation-mindfulness

Labeling game

Mindfulness breathing

Tension - muscle relaxation

Differential relaxation

Muscle relaxation

Self-Control Desensitization

Active relaxation

Therapeutic techniques

Cognitive therapy B3

The four shoulds

Catastrophizing-Fear of uncertainty

Worry interferes with problem solving

Theory of the glass

Therapy vs medication

The sticky note

When panic looks like OCD

Negative reinforcement

Exposure therapy and negative reinforcement

Exposure therapy

Panic assessment

Imaginal exposure - video

Virtual reality

Interoceptive exposure

Interoceptive exposure

Interoceptive exposure example

Natural interoceptive

What is the real fear

Diaphragmatic breathing

Using humor

Research and medication

Final considerations

Research on panic treatment

Medications

When CBT doesn’t work

Treatment resistant in GAD

Emotion regulation

Concluding reflections

Review of worry and panic

Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*