



## **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. Jennifer Abel**

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

Bibliography