

Elizabeth DuPont Spencer, Kimberly Morrow - 2-Day CBT for Anxiety

Faculty:

Elizabeth DuPont Spencer | Kimberly Morrow

Duration:

12 Hours 45 Minutes

Format:

Audio and Video

Copyright:

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Description

Do you feel overwhelmed by the severity of your client's anxiety symptoms? Does their need to seek reassurance and perform compulsions prevent them from moving forward in therapy? You are not alone if you find your clients experiencing the same symptoms after several therapy sessions, if they get stuck on the "why's" of anxiety or if they are unable to take meaningful action against their anxiety.

Watch this intensive two-day recording to learn specific ways to climb over these obstacles in therapy and gain confidence in your ability to treat the most symptomatic, anxious clients on your caseload.

Start seeing real results with cutting edge CBT interventions that give you:

- Ways to help clients face their triggers and change their relationship with fear
- Strategies to manage your own anxiety about treating your anxious clients
- Methods to use exposure therapy in meaningful, successful ways
- Specific strategies for Panic Disorder, phobias, OCD and Social Anxiety

Packed with videos, case examples, and opportunities to practice, this two-day live webcast is designed for clinicians who want to start seeing real results with anxiety clients. Learn CBT with Exposure and Response Prevention in a positive, supportive environment and walk away with strategies you can use the very next day!

Don't miss this opportunity to grow your confidence and your practice while helping your clients get their lives back!

Handouts

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| Manual – 2-Day CBT for Anxiety: Transformative Skills and Strategies for the Treatment of GAD, Panic Disorder, OCD and Social Anxiety (5.5 MB) | 107 Pag es | Available after Purchase |
| Session Info/Materials Needed (0.17 MB) | 1 Pag es | Available after Purchase |

Outline

Getting Started: How to Optimize the Early CBT Sessions

- Principles of CBT – Establish roles and goals
- How to socialize your client to the CBT Session structure
- Get your client to do homework
- What not to do (reassurance, rabbit hole)
- Tools for goal setting
- Begin with the end in mind: Termination considerations

Assessment and Treatment Planning: Set the Stage for Successful Treatment

- Diagnosis – why it's important
- Key questions to ask at intake
- Assessment forms – where to find them
- Teach your clients to use a notebook
- Using a SUDS scale

Anxiety and the Brain: What Every Client Needs to Know

- Why this is a pivotal point of treatment
- Simple ways to teach clients about anxiety and the brain
- The role of avoidance and safety behaviors
- Medication-what is helpful and what is not

The Art of Exposure and Response Prevention (ERP)

- The role of the clinician
- Teach clients to ride the wave of anxiety
- Create a fear hierarchy using SUD scales
- How to set up an exposure
- Working with resistance to exposure
- What NOT to do and why

Cognitive Therapy: Change the Way Clients Think about Thinking

- Empower clients to choose how to interpret their thoughts
- Utilize values clarification to motivate change
- Challenge distortions and core beliefs that get in the way of change
- The role of mindfulness in anxiety treatment

Family Involvement: Teach Loved Ones to be a Part of the Solution

- Help families learn healthier ways to talk back to anxiety
- Teach how to respond without reassuring
- Challenge loved ones to face their own fears

Phobias and OCD: Exposure and Response Prevention in Action

- Identify OCD's tricks
- Strategies for the most common phobias (heights, spiders, small spaces and more!)
- How to get comfortable with extreme exposures
 - Vomit phobia, fear of harm, contamination, obsessive thoughts, sexual obsession
- Identify your own obstacles to successful ERP
- Get out of the office!
- Using scripts
- Demonstrations and practice

Panic Disorder: Interoceptive Exposure Techniques That Work

- Why deep breaths aren't enough
- Practice breathing to increase CO₂
- Identify the fear in panic
- How to induce symptoms of panic to build tolerance of discomfort
- Strategies for choosing a panic behavior to replicate

Social Anxiety: Paradoxical Treatment Interventions that Get Results

- Going after embarrassment
- Tools to practice mindfulness during conversations
- Build clients' "I can handle it" muscle
- Help clients improve insight about their fears
- How to remove safety behaviors in social situations

Generalized Anxiety Disorder (GAD) and Worry: Helping Our Clients Live in the Present

- Overcoming the fear that "I won't be able to handle it"
- Tools that teach clients how to handle distressing thoughts/feelings
- Utilize mindfulness/living in the present

- Write worry scripts, assign time for worry, chase after worry

Kids with Anxiety: Playing with Fear

- Special considerations when working with children
- School refusal, contamination, bad thoughts, PANS/PANDAS
- Add play to your treatment plan
- Strategies for age appropriate interventions
- Teach kids to talk back to their fears
- How to handle parent resistance/therapy interference

Termination and Relapse Prevention

- Why is this a critical point in therapy
- Develop a client wellness plan that sticks
- Help clients identify red flags
- Teach clients to do ongoing exposures
- Establish a plan for when to return to therapy
- Risks and limitations of the research

Faculty

Elizabeth DuPont Spencer Related seminars and products: 6

Elizabeth DuPont Spencer, M.S.W., LCSW-C, is a licensed clinical social worker and board approved supervisor. Trained as a cognitive behavioral therapist using exposure and response prevention for anxiety disorders, obsessive compulsive disorder and depression, she has been in private practice for 25 years, working with children, adolescents and adults. Elizabeth is a member of the International Obsessive Compulsive Foundation (IOCDF), the National Association of Social Workers (NASW) and of the Anxiety and Depression Association of America (ADAA). She is a Clinical Fellow of the ADAA, and also received the 2012 Clinician Outreach Award and the 2017 Clinician of Distinction Award. Elizabeth is co-owner of AnxietyTraining.com with a mission to train clinician's nation-wide in evidence-based treatments. A graduate of Columbia University in New York City, and the University of Maryland at Baltimore's School of social work, she completed her clinical training at the National Institutes of Health and the Catholic University of America. She is the co-author of three books, *The Anxiety Cure (2nd Ed., Wiley, 2003)*, *The Anxiety Cure for Kids (2nd Ed., Wiley, 2014)*, and *CBT for Anxiety: A Step-by-Step Training Manual for the Treatment of Fear, Panic, Worry, and OCD (PESI, 2018)*. Elizabeth works in Rockville, Maryland.

Speaker Disclosures:

Financial: Elizabeth DuPont Spencer is in private practice. She receives a speaking honorarium from PESI, Inc.

Nonfinancial: Elizabeth DuPont Spencer is a member of the Anxiety and Depression Association of America

Kimberly Morrow Related seminars and products: 6

Wayside Presbyterian Church










Kimberly Morrow, LCSW, is a licensed clinical social worker in private practice in Erie, Pennsylvania. Graduating from Memphis State University with a Master's in Psychology and the University of Wisconsin-Milwaukee with a Master's in Social Work, Kimberly is a compassionate therapist, an anxiety expert, and a national speaker. She has been specializing in treating people with anxiety and OCD for over 25 years and teaching other professionals how to treat anxiety for over 15 years. Kimberly has given hundreds of presentations and workshops including speaking at international conferences, providing a CBT certificate program, speaking to schools, and training thousands of master level clinicians throughout the United States. Kimberly is a graduate of the International Obsessive Compulsive Foundation's Behavior Therapy Institute. She is a member of the International Obsessive Compulsive Foundation and of the Anxiety and Depression Association of America, chairing several committees. She is the 2012 recipient of the Clinician Outreach Award and the 2015 Member of Distinction Award from the Anxiety and Depression Association of America. She is co-owner of AnxietyTraining.com, which provides online training and case consultation for therapists to have easy access to quality, evidenced-based training for anxiety and OCD. Kimberly is the author of *Face It and Feel It: 10 Simple But Not Easy Ways to Live Well With Anxiety* (Independent Distributors/Heaven-Sent Creative Concepts, 2011) and the co-author of *CBT for Anxiety: A Step-by-Step Training for the Treatment of Fear, Panic, Worry, and OCD* (PESI, 2018).

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Proof Content

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|  Handouts |  |  | 5.6 MB |
|  2. 2-Day Certificate Course - CFATSASFTTOGPDOSA-D2.mp4 |  |  | 2.1 GB |
|  1. 2-Day Certificate Course - CFATSASFTTOGPDOSA-D1.mp4 |  |  | 2 GB |