

Debra Alvis - Certified Clinical Anxiety Treatment Professional Two Day Competency Training

Faculty:

Debra Alvis

Duration:

11 Hours 59 Minutes

Format:

Audio and Video

Copyright:

Nov 21, 2019

Description

Transform your practice with this intensive 2-day Anxiety Treatment Certification recording and get the skills, proven strategies, and interventions you need to take your treatment of anxiety to the next level!

You'll learn how to more skillfully assess clients, differentiate between various anxiety presentations, fully engage clients in treatment, and effectively use tools from CBT, mindfulness, Motivational Interviewing, and contemplative practices to enhance clinical outcomes.

Expert guidance on combining brain-based principles, body-oriented techniques, and traditional psychotherapeutic approaches will change the way you work with challenging clients whose anxiety is exacerbated by shame, self-judgement, and attachment issues.

Best of all, this training meets the educational requirements when applying to become a **Certified Clinical Anxiety Trauma Professional (CCATP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of treating anxiety in clients. Professional standards apply. Visit www.evergreencertifications.com/CCATP to get started!

Handouts

Manual – Certified Clinical Anxiety Treatment Professional (13.9 MB)

99
Pages

Available after
Purchase

Outline

The Neurophysiology of Anxiety

- Cognitive & amygdala pathways to anxiety
- Autonomic nervous system responses
- Polyvagal Theory
- Serotonin, dopamine and neurotransmitters
- The role of brain derived neurotropic factors
- The impacts of sleep and nutrition on the anxious brain

Assessment and Differential Diagnosis

- DSM-5 classification of anxiety Disorder
- Assessment from the whole person perspective
- Clinical approaches for ambiguous anxiety presentations
 - Phobia vs. OCD
 - Trauma, Axis II, or both?
 - Distinguish anxiety from agitated depression

Biological Treatment of Anxiety: Impacts of Psychopharmacology & Nutraceuticals

- How medication impacts neuroplasticity
- Frequently prescribed medications
- Common side effects
- Evidence-based supplements

From Avoidance to Proactivity: Strategies to Engage and Sustain Client Motivation

- Illustrate neuroscience concepts with stories & metaphors
- Link contemplative practices to brain change
- Address impasses with awareness based interviewing
- Reframes – replacing old neural patterns
- Co-create meaningful, values based-goals

Motivational Interviewing for Anxiety Treatment: Mobilizing & Sustaining Change

- Elicit change talk
- Elaborate on change indicators
- Coalesce motivation for exposure treatment
- Renew motivation when fear arises

Techniques to Address the Cognitive Pathway to Anxiety

- Strategies to dismantle automatic thoughts, core beliefs

- How to unwind troublesome thinking patterns
- When life feels overwhelming – stemming the tide techniques
- Apply Chain Analysis – when and how

Relaxation Skills: Help Clients Develop an Anxiety Resistant Brain

- Wire in relaxed, alert mood with deep relaxation
- Letting go with moment to moment exercises
- Breath and movement strategies to deactivate panic

Antidotes to Shame, Guilt and Self-Judgement

- How shame and self-judgement exacerbate anxiety
- Tools to identify anxiety fuel
- Appropriate & inappropriate guilt
- Anxiety interventions for the shame prone client
- Ease shame intensity with body witnessing and observing skills
- Self-compassion inquiry – inviting in parts of the self
- Counteract anxiety with gratitude

Attachment Anxiety

- Untangle developmental roots
- Contemplative applications – the Polyvagal Theory
- Techniques to prime secure attachment

Movement and Visual Meditations for Anxiety Relief

- Visual meditations for specific clinical concerns
- Prepare with movement, imagery and sound
- Draw from inner resources
- Instill a new perspective with movement and writing
- Individualized follow-up assignments

Mindful Recovery Tools for GAD and Social Anxiety

- Three steps for moving from reactivity to responsiveness
- Interrupt the worry cycle: from the meditation cushion to daily life
- Mindful exploration – predictions vs. what happened
- Bring curiosity to perceptions
- Prime secure attachment for social anxiety

Meditation for OCD Management

- How clients can recognize excessiveness
- Titrate exposure with breathing practices
- Reduce repetition with mindful response prevention

- Overcome obsession with mantra & breath

Research and Limitations

Faculty



Debra Alvis, Ph.D. Related seminars and products: 10

Debra Alvis, Ph.D., is a licensed psychologist, professor, and workplace wellness consultant whose trainings to address compassion fatigue have helped healthcare and mental health professionals around the country, including the medical staff at a flagship state university health center.

Over the last 20 years Dr. Alvis has designed individualized and group programs to promote stress hardiness, work-life balance, and resiliency for nurses, physicians, social workers, counselors, and others working in jobs with excessive demands on their empathy. Her work in a range of medical and mental health settings provides her with a keen understanding of these demands and the potential impact on professionals across disciplines.

Dr. Alvis also developed and led the Mind/Body Program at the University of Georgia that specializes in addressing anxiety, stress, and depression in individuals with physical health concerns and co-morbid mental health issues.










Dr. Alvis lectures, leads retreats around the world, and maintains a private practice in Georgia where she treats clients with anxiety, trauma, shame, depression and relational concerns. She continues to serve as a professor at the University of Georgia where she supervises the clinical work of doctoral students, teaches health psychology, and co-leads a research team.

Speaker Disclosures:

Financial: Debra Alvis is in private practice. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Alvis has no relevant non-financial relationship to disclose.

Proof Content

	Handouts			13.9 MB
	2. Certified Clinical Anxiety Treatment Professional. Two Day Comp... .mp4			2.2 GB
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