

Anxiety & Panic: Techniques to Blend Evidence-Based Approaches into Individualized Treatment

Presented by

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COURSE PROGRAM

OBJECTIVES

- Discover how anxiety tricks your clients into getting stuck – and how to turn that around
- Learn ways to defuse anxiety about treatment and build a strong working relationship with the most anxious of clients
- Help clients recover from Panic Disorder, Social Phobia, and Generalized Anxiety Disorder with or without medications.
- Deliver your clients from shame, blame, and excessive self protection,
- Help clients move from the stage of protesting their troubles to solving them
- Learn powerful methods to help clients overcome the fears of driving, flying, and public speaking

OUTLINE

The Anxiety Trick

- The evolution of anxiety treatment
- The Core of the Therapeutic Task
- Build a better future from past disappointments
- Putting out fires with gasoline
- Is it Danger or Discomfort?
- The end of Anti-Anxiety

Help Clients Discover the Anxiety Trick

- Diaphragmatic Breathing done right
- The Rule of Opposites
- The Scary Movie
- “Pay no attention...”
- Creative Hopelessness

Undo Safety Behaviours and their maintaining factors

- Safety Behaviours - an extension of the Trick
- Motivating a client toward Exposure
- Anticipation • The Observing Stance
- Issues of Control
- Targeting the factors that maintain safety behaviours

Working with Worrisome Thoughts

- The problem with correcting thoughts
- "Uncle Argument" at the banquet
- Exposure techniques for worry
- Disempowering Shame and Secrecy
- Disengaging from "What if?"
- Can you Haiku?

Train Your Brain

- "It's so irrational"
- Work with your Amygdala
- The rationale for exposure
- Take your fears for a walk
- Interoceptive Exposures

TREATING ANXIETY DISORDERS

Panic Disorder

- What maintains it? How to end it.
- Powerful Questions
- The Panic Cycle
- Getting unstuck from the "Why?" questions
- Different views of exposure treatment

Specific Phobias

- What does the client fear will happen?
- Is it a signal fear or a conditioned fear?

In vivo exposure for:

- Fear of flying
- Fear of driving
- Fear of public speaking

Social Anxiety Disorder

- The self centered phobia
- Whose thoughts bother you?
- Promoting self disclosure
- Handling embarrassment and criticism
- Handling anxiety symptoms and mistakes Generalized Anxiety Disorder
- The Worry Disease
- The two types of Worry
- The Mad Libs of Anxiety
- Exposure to worrisome thoughts
- Correct thoughts or accept them?
- Change the client's relationship with worry