

Evidence Based Techniques for Treatment of Resistant Anxiety, Worry, Panic and Insomnia

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LEARNING OBJECTIVES

- Identify five treatment pitfalls and learn evidence based approaches to correct them.
- Understand the anxiety spiral and learn several methods to catch it early to prevent Worry and Panic from getting out of control.
- Learn four unique ways to utilize Mindfulness to treat Worry including Mindful Labelling and a Mindfulness Game.
- Understand the importance of and apply the use of process words and moving toward relaxation vs. away from anxiety when teaching clients mindfulness and other relaxation techniques.
- Understand the relationship between worry and problem solving, and learn what to do about it.
- Learn how panic, worry, and fear of guilt are similar to OCD and how to stop the cycle of negative reinforcement using multiple forms of Exposure Therapy.
- Learn the eight preferred “P’s” of Thought and how to use them to replace worry.
- Be able to treat problems that are often resistant to treatment: Social Issues, Avoidance of Emotional Processing, Perfectionism, Subjugation, Procrastination, and Catastrophizing/Intolerance of Uncertainty.
- Understand the Habits that Cause and Contribute to Insomnia and be Able to Use Effective Techniques for Improving Sleep.

PROGRAM:

Anxiety Spirals, Panic and Early Cue Detection

Why Generalized Anxiety is Often Missed and Why it is So Important to Treat
Examples of Worry Spirals and Panic Spirals (watch a demonstration of a worry spiral)
The Empirical Evidence
3 Benefits of Catching Anxiety Early
A Dozen Reminders for Catching Anxiety Early

Mindfulness

Moving Toward Relaxation vs. Away From Anxiety
Process vs. Command (experiential exercise to feel this difference)
Present Focus – Mindfulness as a Relaxation Tool
Acceptance
Metaphors for Acceptance of Anxiety (film clip from Harry Potter)
Observation of Thoughts and Emotion (audio demonstration)
Labeling of Thoughts and Emotions (audio demonstration)
Observation and Labeling Game (live demonstration)

Reduce Tension and Increase Energy

- Progressive-Muscle Relaxation
- Quick Alternatives to PMR (imagery demonstration)
- Differential Relaxation (experiential exercise)
- Tin Man to Scarecrow (experiential exercise)
- Energy Conservation

Self-Controlled Desensitization (SCD)

- Formal SCD (demonstration with or without a volunteer)
- In-Session SCD (group participation throughout next hour of presentation)
- Active Relaxation

Cognitive Therapy

- A Quicker Better Way to Do Cognitive Therapy – B3s
- Find the Best Alternative Thoughts (work in pairs to experience B3s exercise)
- The Role of “Shoulds” and “Need To’s”
- Changing to “Want To’s” (brief experiential exercise)
- The Humour of Worry (film clip from Amelie)
- Dealing with Superstitious Worry

Problem Solving

- Worry Prevents Problem Solving – Evidence
- Four Ways to do Problem Solving

Treatment of Panic and Phobia

- Dangers of a Poor Assessment
- Stop encouraging Avoidance and Escape
- Assess for Negative Reinforcement
- How Panic and Phobia Look Like OCD
- Response Prevention and Removing Crutches
- Traditional Exposure (Film clip from Jesus Henry Christ)
- Interoceptive Exposure for Panic
- Finding and Flooding “The Real Worry”
- Flooding and Singing the Feared Word. (experiential exercises)

Insomnia

- Rule out Sleep Disorders
- Learn Several Other Factors That Cause or Contribute to Insomnia
- The Best Behavioural Treatments for Insomnia Including Postponing Worry, Wind Down Activity, Sleep Restriction, The Win-Win Trick and 10 additional strategies

Problems That Are Often Treatment Resistant and How to Fix Them

- Emotional Suppression (clinical evidence)
- Social Issues (clinical evidence)
- Fear of Untimely Death
- Perfectionism
- Subjugation (People-Pleasing)
- Catastrophizing/Intolerance of Uncertainty
- Procrastination