

Outline

The Anxiety Trap and How to ACT

From natural stress response to chronic reactivity

How anxiety about anxiety leads to a restricted life

Conceptualizing GAD, panic, OCD, health anxiety, and PTSD from an ACT frame

Toward process-focused treatment versus techniques

Help Clients Set Their Life's Course

Don't Let Anxiety "Drive the Bus"

Use "the voice" of anxiety to discern values

Define a life worth living alongside anxiety

Design exposures to coincide with values

Exercise: Bus metaphor

Anxiety as Control Attempt:

Let Go of What Is Not Working

Myths and truths of thought suppression

Dig deeper into the control pit

Increase psychological flexibility in the face of anxiety

Metaphor Exercise: Creative helplessness to get rid of anxiety

Clients Are Not Their Anxiety:

How to Expand the Sense of Self

Explain over-identification with anxiety

Shift from self-as-content to self-as-context with the anxious client

Metaphor Exercise: Expand the sense of self to put anxiety in context

Defusion:

Break Free from The Battle with Anxious Thinking

How internal representations develop in the human mind

How thoughts are conditioned with meaning and emotion

Reification of thoughts – why arguing with thoughts can make them worse

Brain programming – why clients cannot control or suppress thoughts long-term

Defusion – break the pattern of anxious spirals

Metaphor Exercise: Shift from being lost in the drama to aware of thoughts as they are

Acceptance:

Break Free from the Battle with Anxious Feelings

The nature, purpose, and psychophysiology of anxious feelings

Diving into feelings to uncouple them from thoughts and misinterpretations

Metaphor exercise for exposure therapy

Metaphor exercise for self-compassion

Metaphor exercise for shifting old feelings through memory reconsolidation

Just this Moment:

Break free from Future Worries and Past Regrets

Why our brains get lost in the past and the future

Help clients start from where they are

Eternity in this moment – the illusion of time

Mindfulness – experiencing reality through the senses versus mental representation

Explore anxiety with curiosity – math problem versus sunset

Exercise: Three minute mindfulness

Just Do It:

Take Committed Action

How to build momentum toward what really matters

Develop a realistic and workable action plan

Teach clients to act with anxiety

Why we cannot "try" - making the leap

Live Webinar Schedule

(Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).

Actual lunch and break start times are at the discretion of the speaker.

A more detailed schedule is available upon request.

Objectives

1. Determine the idiographic factors that maintain vicious cycles of anxious thoughts, feelings, and behaviors for each individual client.
2. Investigate what really matters to clients to enhance motivation and willingness to engage in the work of therapy.
3. Utilize metaphors to foster a more flexible sense of self in the service of creating a life worth living.
4. Apply new research on metacognition, defusion, and acceptance to change your client's relationship to anxious thoughts and feelings.
5. Employ mindfulness exercises to undermine automatic reactions that maintain the anxiety response.
6. Formulate individualized behavioral activation plans to help clients take measurable steps toward a more fulfilling life.

Free Video

A New Twist on Deep Breathing AND a 2-Minute Relaxer

Get yours today at pesi.com/1328video

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID EAU CLAIRE WI PERMIT NO. 3279

PESI, Inc. P.O. Box 1000 Eau Claire, WI 54702-1000

Join us online for this live training!

ACT WITH ANXIETY

Help Clients Get Unstuck from Anxiety and Enrich Their Lives

LIVE Interactive Webinar
Thursday, March 24, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/86707



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
pesi.com/webcast/86707

Join us online for this live training!

ACT WITH ANXIETY

Help Clients Get Unstuck from Anxiety and Enrich Their Lives



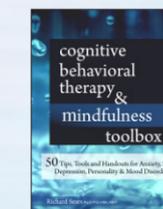
Featuring

Richard W. Sears, PsyD, PhD, MBA, ABPP

International speaker and author of the popular *ACT with Anxiety* workbook—endorsed by Steven C. Hayes, PhD, Co-developer of Acceptance and Commitment Therapy

Exclusive Offer!

Get **25% OFF** Dr. Sears' *ACT with Anxiety* and *Cognitive Behavioral Therapy & Mindfulness Toolbox* books when you purchase with registration!



LIVE Interactive Webinar
Thursday, March 24, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.

ACT WITH ANXIETY

As a therapist, it's likely you treat stress and anxiety successfully with techniques like relaxation almost every day. But have you noticed that some clients seem to just get worse, despite your best efforts? **That the more you work to reduce the stress or the anxiety, the worse it gets?**

Teaching relaxation, coping or distress tolerance skills may be fine for surviving a crisis, but in the long run, they often **subtly reinforce avoidance** of thoughts and feelings. **Even talking about anxiety week after week in therapy can become a form of avoidance!** Worse still, the struggle with anxiety can become ingrained in clients' sense of identity, and their lives become very restricted and without purpose or meaning.

Join ACT expert and author Dr. Richard Sears as he brings the principles of ACT to life with his wisdom, humor, and passion. He'll help you transform your clients' relationship with their anxieties to help them build a life worth living. You'll learn how to skillfully use:

- Acceptance and mindfulness processes to help clients relate differently to anxious thoughts and feelings
- Commitment and behavioral change processes to help them flexibly move in the direction of a more meaningful life

From explaining the ins and outs of ACT with anxiety using everyday metaphors and samples, Dr. Sears' provides dozens of techniques that can **transform your clients' suffering in the very first session!**

And as an added bonus, you'll receive an **EXCLUSIVE 25% OFF** discount on Dr. Sears' *ACT with Anxiety* and *Cognitive Behavioral Therapy & Mindfulness Toolbox* books—when you purchase either or both with registration!

Target Audience:

Social Workers • Counselors • Psychologists • Physicians • Marriage and Family Therapists
Addiction Counselors • Psychotherapists • Case Managers • Nurses
Physicians • Mental Health Professionals • Therapists



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Cathey** at ccathey@pesi.com or call 715-855-5253.

Meet Your Speaker

Richard W. Sears, PsyD, PhD, MBA, ABPP, has given hundreds of workshops on mindfulness and ACT all around the world. He is a board-certified clinical psychologist in Cincinnati, Ohio, where he runs a private therapy and consultation practice, and is Director of the Center for Clinical Mindfulness & Meditation. He holds several academic appointments, including the Department of Clinical Psychiatry & Behavioral Neurosciences with the UC College of Medicine. Dr. Sears is also a psychologist contractor with the Cincinnati VA Medical Center and with Alliance Integrative Medicine.

Dr. Sears is author of over a dozen books, including *ACT with Anxiety; The CBT & Mindfulness Toolbox*; and *Mindfulness: Living Through Challenges and Enriching Your Life*. He is also a sixth degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama of Tibet. He has a PhD in Buddhist Studies, and received ordination in three traditions, as well as recognition as a Zen master.

Speaker Disclosure:

Financial: Richard Sears holds faculty appointments at the University of Cincinnati. He receives a speaking honorarium from PESI, Inc.

Non-financial: Richard Sears is a diplomate of the American Board of Professional Psychology and is a fellow of the Academy of the American Board of Clinical Psychology.

Regarding Dr. Sears' ACT with Anxiety workbook:

"I love this book. It is easy to read and yet never underestimates the reader. It covers the core of ACT work and has a fresh feel with new ways of expressing these ideas. It takes the science underneath ACT seriously, and yet it never succumbs to jargon. A steady, thorough, practical walk-through of ACT by a person devoted to mindfulness practice. You can feel the author's balanced presence and authenticity underneath every line. I highly recommend it."

— **Steven C. Hayes, PhD**, Co-developer of Acceptance and Commitment Therapy

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Social Workers, Counselors, Psychologists, Physicians, Marriage and Family Therapists, Addiction Counselors, and Nurses.**

For specific credit approvals and details, visit pesi.com/webcast/86707

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/86707>.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



PESI, Inc., #1062, is approved to offer social work continuing

education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

This activity is pending approval from the National Association of Social Workers.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to **6.25 CE Hours** for one low price!

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/86707

Live Interactive Webinar (Option 1)

March 24, 2022 [PWZ86706]

\$219.99 tuition

8am Pacific time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS058734]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate
CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 [RNV058734]

DVD Experience:

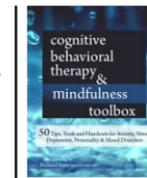
- Self-study CE certificate available
CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

25% OFF When You Purchase Books with Registration!



PUB086560

ACT with Anxiety
An Acceptance and Commitment Therapy Workbook to Get You Unstuck from Anxiety and Enrich Your Life
Richard Sears Psyd, PhD, MBA, ABPP
~~\$29.99~~ **\$22.99***



PUB085015

Cognitive Behavioral Therapy & Mindfulness Toolbox
50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders
Richard Sears Psyd, PhD, MBA, ABPP
~~\$29.99~~ **\$22.99***

*Prices reflect the 25% discount.

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



For all credit approvals and details, visit: www.pesi.com/webcast/86707