

Strategic and Provocative Treatment of the Anxiety Disorders

MELBOURNE

Friday 29th & Saturday 30th May 2009

BRISBANE

Tuesday 2nd & Wednesday 3rd June 2009

SYDNEY

Friday 5th & Saturday 6th June 2009

Treating Anxiety Disorders in Children and Adolescents

MELBOURNE

Wednesday 27th May 2009

SYDNEY

Monday 8th June 2009



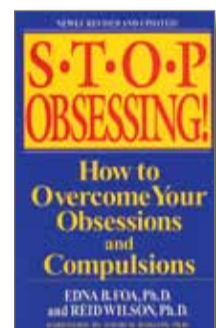
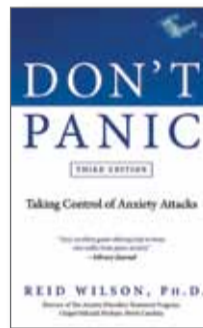
ABOUT REID WILSON Ph.D.

REID WILSON Ph.D. is a clinical psychologist and Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine. Dr. Wilson is an international expert in the treatment of anxiety disorders, with books translated into seven languages. He is author of *'Don't Panic: Taking Control of Anxiety Attacks'* and *'Facing Panic: Self-Help for People with Panic Attacks'* and is co-author with Edna Foa of *'Stop Obsessing! How to Overcome Your Obsessions and Compulsions'*, and co-author of *'Achieving a Comfortable Flight'*, a self-help package for the fearful flier. He designed and served as lead psychologist for American Airlines' first national program for the fearful flier.

Dr. Wilson served on the Board of Directors of the *Anxiety Disorders Association of America* for twelve years. He served as Program Chair of the National Conferences on Anxiety Disorders from 1988-1991. His free self-help website - www.anxieties.com serves 500,000 visitors (26 million hits) per year. He has been an invited presenter at eight International Congresses on Ericksonian Approaches to Hypnosis and

Psychotherapy. His published videos include *'Obsessive-Compulsive Disorder'* (American Psychological Association); *'Initial Interventions in Panic Disorder: a Demonstration'* (University of Connecticut); *'Treatment of Panic Disorder'* (Erickson Foundation) and *'Treatment of Obsessive-Compulsive Disorder'* (Erickson Foundation).

Further information about Dr. Wilson at www.anxieties.com



STRATEGIC AND PROVOCATIVE TREATMENT OF THE ANXIETY DISORDERS

MELBOURNE: Friday 29th – Saturday 30th May, Oaks on Market

BRISBANE: Tuesday 2nd – Wed 3rd June, Eagle Street Conference Centre

SYDNEY: Friday 5th – Saturday 6th June, Rydges North Sydney

9.00 am – 5.00 pm each day

The anxiety disorders manipulate people by injecting rules into consciousness, then using that set of laws to take over mental territory. Five anxiety disorders—phobias, panic, social anxiety, generalized anxiety and OCD—control people by generating an absolute standard for certainty and comfort. We will look at the common denominators of this game, and isolate its manifestations in each disorder. Then we will explore how the therapist can teach clients to gain ground by engineering their own tactics and strategies, including the second-order change of switching game boards altogether! This brief strategic approach to cognitive-behavioral therapy helps clients find the courage and motivation to challenge their old beliefs and attitudes. Practical methods enable clients to ignore the content of their obsessive worries and to explore the feeling of uncertainty rather than fleeing from it. The cutting-edge evidence-based anxiety treatment is now pushing further into the confrontational. Participants will learn how to help clients purposely to seek out anxiety as their ticket to freedom from crippling fear.

Participants will learn to:

- 1) identify the major themes that people with most anxiety disorders struggle with,
- 2) describe how those stances will change as clients take control of fearful situations,
- 3) present and defend the interventions of the anxiety disorder game within a therapeutic context,
- 4) modify the habituation model to accelerate progress,
- 5) shift clients' orientation from defense to offense,
- 6) conduct interceptive exposure in the treatment office,
- 7) persuade OCD clients to engage in four essential homework assignments.

DAY ONE MORNING

- Central principles and goals.
- Strategies of the Game: from defense to offense.
- Provocative treatment of panic disorder.

DAY ONE AFTERNOON

- Panic disorder: exposure and safety crutches.
- OCD: implementing the four homework assignments.

DAY TWO MORNING

- Treating worries and generalized anxiety disorder: skills and tools.
 - a) *targeting the physiological*: multiple techniques, applied relaxation, loosening response patterns.
 - b) *cognitive tools*: signals vs. noise, cognitive restructuring, alternative views, worry exposure.

DAY TWO AFTERNOON

- Treating worries and generalized anxiety disorder, continued.
 - c) *behavioral skills*: desensitization, response prevention, in-vivo and imagery exposure.

MELBOURNE: Wednesday 27th May, Oaks on Market

SYDNEY: Monday 8th June, Rydges North Sydney

9.00 am – 5.00 pm

Anxiety disorders are the most common psychiatric illnesses affecting children and are frequently misinterpreted as behavior problems. Participants will learn how to apply effective cognitive and behavioral skills, structured around universal evidence-based treatment strategies. This prescriptive approach identifies and matches specific client characteristics with the most compatible interventions. We will orient around the themes of modifying resistance, habituation, long-term belief change, pattern disruption and securing the family system. The day will be divided into two sets of tasks: those for the therapist and those for the client. Therapist tasks will include a getting-to-work partnership, curiosity, finding hooks, homework and enlisting parents. Client tasks will include self-monitoring, personifying the anxiety, challenging worry content, tolerating distress and doubt, letting go of safety crutches, playing with anxiety, taking on the bully and generating homework. While treatment protocols for specific disorders will not be reviewed, participants can apply these skills for separation anxiety disorder, panic disorder, social anxiety, specific phobias, obsessive-compulsive disorder and generalized anxiety disorder.

Participants will learn:

- a universal treatment strategy for children and adolescents with anxiety disorders,
- ways to distinguish helpful vs. not-helpful behaviors by parents of anxious children,
- how to explain the verify-remind-ignore protocol,
- why removing the negative is more important than adding the positive,
- how to encourage beliefs that will stabilize habituation,
- ways to keep rapport through humor, casualness, curiosity and hooks,
- how to set up, encourage and follow-up on homework.

MORNING

- How to win the anxiety game.
- Changing kids' relationships with worry, uncertainty and distress.
- The therapist's orientation.
- 9 therapist tasks.

AFTERNOON

- Coaching parents.
- 16 skills for kids and teens.
- Relaxation-based procedures
- Cognitive-based procedures
 - self-control training.
 - using thought bubbles.
 - the 'what if' technique.
 - helping kids become problem-solvers.
 - imagery practice of coping skills.
- Exposure-based Procedures
 - systematic desensitization.
 - steps in graduated exposure.
 - token economies.
 - modeling.
 - safety crutches.
 - vri (verify-remind-ignore).
- Types of Family Interventions
 - types of non-compliant parents.
 - parents' not-so-helpful-help.
 - parent anxiety management.

TAX INVOICE/REG FORM

ABN: 73 083 230 380 Prices include GST
Morning, afternoon refreshments and lunch provided
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I have read, understand and accept the Terms and Conditions of Registration advised in this brochure.

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APS Clinical and Counselling PD Points Pending
See www.psychotherapy.com.au for outcome

TERMS AND CONDITIONS

CONFIRMATION OF REGISTRATION

Registrations are not confirmed until payment is received.

ONE-DAY REGISTRATIONS

One-day registration rates are \$265.00. It is **NOT** possible for two people to share a registration at the two-day rate.

CANCELLATION POLICY AND DISCLAIMER

Refunds less a \$50.00 administration fee are given for cancellations received in writing via email, mail or fax to PsychOz by **5.00 pm Friday 15th May 2009**. Refunds are not possible after the cancellation date, regardless of personal circumstances. Cancellation policy is final and not negotiable. PsychOz Publications regrets the difficult personal circumstances that prevent people attending including medical conditions and emergencies, severe weather or transport difficulties, however the logistics of event management prevents PsychOz Publications from assuming responsibility for these contingencies.

TRANSFER OF REGISTRATIONS TO ANOTHER PERSON

Registrations are transferable **IN FULL** to another person on notification to PsychOz Publications. Where a delegate can attend for part of a training, transfer of the remainder of the registration to another person is **NOT** possible.