

Anxiety Traps! CBT Antidotes



A two-day workshop given by

Christine A. Padesky, Ph.D.

Anxiety Traps! is aimed at therapists familiar with anxiety treatments and yet often uncertain their therapy is on the best track. Learn an organizing framework for understanding anxiety disorders and designing effective treatment plans from one of the world's top cognitive therapy instructors. Practice CBT interventions and learn when they are likely to be effective and when using these same methods can actually prolong anxiety treatment.

London

Mon. May 21 - Tues. May 22, 2012

Institute of Education, University of London

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Anxiety Traps!

CBT Antidotes



Workshop Description Clients often feel trapped in anxiety. This is because common anxiety coping strategies such as avoidance and safety behaviours unwittingly maintain anxiety disorders. Unfortunately, it is also the case that some common therapy practices designed to relieve client distress instead trap therapists and clients in ineffective cycles of therapy.

Leading cognitive behavioural therapy (CBT) instructor Christine A. Padesky, Ph.D. teaches principles and methods that help therapists and clients avoid both types of anxiety traps. Padesky teaches which CBT therapy interventions are most helpful for each type of anxiety disorder and when using these same methods can actually prolong anxiety treatment.

This two-day workshop was originally presented in London in May 2010 and was so well received we invited her to present it again. One of the features participants found most helpful was Dr. Padesky's new framework of "danger disorders" and "coping disorders" which simplifies decision making about which interventions to choose even when the client experiences more than one type of anxiety disorder.

Those who have attended Dr. Padesky's workshops in the past are familiar with her signature workshop approaches. After she demonstrates key therapy methods via live demonstrations or video, participants have an opportunity to bring their learning to life in carefully designed experiential exercises. These are framed by her clear didactic teaching, organized handouts, and rich clinical discussions. Learning unfolds in simple steps which layer over the course of the workshop to yield a sophisticated and nuanced treatment approach by the end.

This workshop is ideal for intermediate level CBT therapists who already have experience working with anxiety disorder protocols. More expert CBT therapists who attended in 2010 reported the workshop includes useful new ideas (danger/coping disorder framework) and methods (assertive defence of the self for social anxiety) that make it suitable even for experienced CBT therapists. Novice CBT therapists will also find that learning treatment methods, principles, and Padesky's organizing framework will speed mastery of anxiety therapies.

Attend this workshop to learn principles underpinning anxiety treatment methods and to practice the skills required to effectively use CBT anxiety protocols. Enjoy this workshop for all Dr. Padesky's embedded creativity, humour, and optimism which help you learn to treat your clients' anxiety disorders more effectively.

Workshop Agenda

Day 1: Morning

The Anxiety Equation

- What do anxiety disorders have in common?
- How do they differ from one another?

Protocols are important but not the whole story

Common Treatment Principles

- Identify central anxious thoughts
 - importance of specificity
 - imagery
- Bring anxiety into the room
 - avoidance vs. approach
 - experiential approaches preferred
- Search for safety behaviours
- Conceptualization
 - identify triggers & responses
 - maintenance factors

Anxiety Traps & Antidotes

Danger Disorders: OCD, Panic Disorder, Health Worries

- Profiles - What are the Dangers? Central Beliefs? Safety Behaviours?
- Treatments Overview

Day 1: Afternoon

Danger Disorders: OCD, Panic Disorder, Health Worries

- Two theory approach
- Inductions and exposure methods tailored to each
- Behavioural experiments designed to test central beliefs
- Socratic dialogue to maximize client learning
- Stopping safety behaviours

Day 2: Morning

Coping Disorders: GAD, Phobias, Social Anxiety

- Why focus on coping?
- Treatment overview

Generalized Anxiety Disorder (GAD)

- What's wrong with worry?
- The antidote to "what if?"

Phobias

- Exposure hierarchies & graduated mastery
- Role of positive imagery

Social Anxiety as Illustration

- Assertive defence of the self
- Debrief behavioural experiments with model in mind

Day 2: Afternoon

Danger & Coping: Post-traumatic Stress Disorder

- Natural recovery, resilience & PTSD
- Ehlers & Clark model
- Memory issues - flashbacks, gaps & hotspots
- Imagery & trauma
- Treatment stages with case examples

Life After Anxiety: Imagine That!

- Living with vulnerability
- Coping & resilience

Anxiety Traps & CBT Antidotes - Review

Workshop Presenter

Christine A. Padesky, Ph.D., is considered one of the leading cognitive therapy workshop presenters in the world, appreciated for her depth of knowledge, compassion, and good-humoured warmth. She has presented over 350 workshops to more than 40,000 professionals throughout North and South America, Europe, and Asia as well as 25 workshops with cognitive therapy's founder, Aaron T. Beck, M.D. Her clear, organized and compelling presentations integrate theory, empiricism, creativity, audience interaction and practical skills.

Co-founder in 1983 of the Center for Cognitive Therapy in Huntington Beach, California, Dr. Padesky is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and former President of the International Association for Cognitive Psychotherapy. In 2002, the British Association of Behavioural and Cognitive Psychotherapies (BABCP) named Dr. Padesky the "Most Influential International Cognitive-Behavioural Therapist." In 2003 she received recognition for her Distinguished Contribution to Psychology from the California Psychological Association. In 2007 the Academy of Cognitive Therapy honoured her with its Aaron T. Beck Award for enduring contributions to the field.

Dr. Padesky provides consultation to mental health professionals worldwide. She develops audio CD and DVD training materials (described at www.padesky.com) that demonstrate cognitive therapy processes and protocols and is a featured therapist in several award-winning educational films. She is co-author of books translated into 22 languages including *Collaborative Case Conceptualization*, *Cognitive Therapy of Personality Disorders*, *Clinician's Guide to Mind Over Mood*, and *Cognitive Therapy with Couples*. BABCP voted her best selling cognitive therapy self-help book *Mind Over Mood: Change How You Feel by Changing the Way You Think* (www.mindovermood.com) the most influential cognitive therapy



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To find out if there are any places left, please go to our web site where we provide daily updates on how much space is left.

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Workshop Objectives

- Write out the anxiety equation
- Recognize common treatment principles for danger and coping disorders
- Practice induction methods used in treatment of panic & OCD
- Teach clients to address "what if?" GAD worries with action plans
- Practice "assertive defence of the self" with social anxiety
- Observe approaches that address post-traumatic memory gaps

How to Register



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Best way to register is to go on line to www.cognitiveworkshops.com where you can book a place, pay with any major credit or debit card, and receive a receipt instantly. If you wish to register by mail or fax, please fill out the form below.

If you have any questions, please email Dr. Lorna Tener, the Conference Organizer, at tener@cognitiveworkshops.com or call and leave a message on 0845 330 9069 and she will return your call as soon as possible.

Times & Location: Workshop will be held at the **University of London's Institute of Education** at 20 Bedford Way, Bloomsbury. Closest Tube station is Russell Square. Detailed directions are on our web site and will be sent to you with your confirmation. The workshop runs from 9:30 am to 5:30 pm on the first day, 9:30 am to 5:00 pm on the second day. Registration opens at 8:30 am.

Lunch: Lunch is **not** included with registration but there is a great variety of restaurants within a short walk of the venue. Lunch is from 12:30 to 1:45 daily.

Hotels: A list of accommodations close to the venue at a variety of prices is available on our web site. Please make accommodation bookings direct with the hotel.

Education Credits: Certificates of Attendance will be provided at the end of the workshop.

Workshop Aides: A reduced price is available for a limited number of participants who are willing to help with registration at the beginning and end of each day. Contact Dr. Tener for more information before booking.

Student Rate: This rate is only available for full-time students earning little or no income during studies. Please provide your student number and the name of the programme and university where you are a full time student. **IAPT Trainees do not qualify for the Student Rate.**

Group Discount: Groups of 5 or more are eligible for a 5% discount. Groups of 10 or more receive 10% off. A simple way to do this is to have a Group Leader email all the names of the group so we can hold the places, then each member can book individually and identify themselves as part of this group. The discount will be applied to the Early Bird Rate, or the Regular Price, depending on the date of registration. It is not available for the Workshop Aide or Student Prices.

Please register me for **Anxiety Traps: CBT Antidotes** on 21-22 May 2012.

PRICES (Please select)	Up to Mar 31/12	After Mar 31/12
Full Rate	NA	<input type="checkbox"/> £229
Early Bird Rate	<input type="checkbox"/> £209	NA
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Cancellations: Cancellations received two weeks or more prior to the event will be eligible for a full refund, minus a £25 administration fee. Cancellations received less than two weeks before the event are not eligible for any refund, no matter what the reason. However, you may send a colleague in your place.