

**HARTFORD, CT**  
CONNECTICUT CONVENTION CENTER  
100 Columbus Blvd, 06103. (860) 249-6000  
Parking: \$11

Tuesday, March 13

**SPRINGFIELD, MA**  
MASSMUTUAL CENTER  
1277 Main St, 01103. (413) 787-6610  
Parking: \$10

Wednesday, March 14

**PITTSFIELD, MA**  
CROWNE PLAZA PITTSFIELD-BERKSHIRES  
1 West St, 01201. (413) 499-2000

Thursday, March 15

**NEW LONDON, CT**  
HOLIDAY INN NEW LONDON - MYSTIC AREA  
35 Governor Winthrop Blvd, 06320. (860) 443-7000  
Parking: Limited hotel parking; overflow parking garage is \$10.

Wednesday, April 18

**WEST HAVEN, CT**  
WEST RIVER HALL  
37 Orlando St, 06516. (203) 937-0088

Thursday, April 19

**WAPPINGERS FALLS, NY**  
VILLA BORGHESE  
70 Widmer Rd, 12590. (845) 297-8207

Friday, April 20



## UNDERSTANDING AND TREATING GENERALIZED ANXIETY AND RELATED ANXIETY DISORDERS

LIVE SEMINAR (✓ONE)

- Hartford, Mar 13   
  Springfield, Mar 14   
  Pittsfield, Mar 15  
 New London, Apr 18   
  West Haven, Apr 19   
  Wappingers Falls, Apr 20

UNABLE TO ATTEND?

PRE-ORDER RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- CDs   
  DVDs   
  Online

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### TUITION

- \$79 Individual Rate  
 \$74 Group Rate (3 or More Persons Registering Together)  
 \$89 On-Site Registration (if space is available)

### FOUR WAYS TO REGISTER

- Internet: [www.ibpceu.com](http://www.ibpceu.com)
- Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
- Fax: (877) 517-5222
- Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

PLEASE POST



INSTITUTE FOR BRAIN POTENTIAL  
PO Box 2238, Los Banos, CA 93635

## UNDERSTANDING AND TREATING GENERALIZED ANXIETY AND RELATED ANXIETY DISORDERS

HARTFORD, CT: Tuesday, March 13  
SPRINGFIELD, MA: Wednesday, March 14  
PITTSFIELD, MA: Thursday, March 15  
NEW LONDON, CT: Wednesday, April 18  
WEST HAVEN, CT: Thursday, April 19  
WAPPINGERS FALLS, NY: Friday, April 20

### Topics Include:

- How We Can Stop Worrying
- Cognitive Approaches to Feel Better
- Lifestyle Modification and Relaxation

A New 6-Hour Program, Spring, 2018: \$79



## UNDERSTANDING AND TREATING GENERALIZED ANXIETY AND RELATED ANXIETY DISORDERS

A 6-Hour Program for Health Professionals

### LIVE SEMINARS

**Schedule:** Check-in: 8:15 – 9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q & A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Some programs sell out. Please register early.

**Group Registration:** The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

**Transfers:** You or members of your group can attend on different dates if there is space.

**Parking:** Complimentary parking is available unless indicated in the brochure.

**Unable to Attend?** You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded program for up to a year, or 3) Request a tuition refund minus a \$15 fee. Refund requests should be made in writing or by e-mail at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**Rescheduling:** In the rare event (less than 1%) a seminar cannot be held (e.g., inclement weather), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance!

**Certificates and Confirmations:** Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

### RECORDED PROGRAMS

CDs and DVDs: Shipped after March 30, 2018.

**Online:** Available starting February 28, 2018. Online programs can be played or downloaded on all devices. Need help? Call (866) 652-7414.

**CE Credit:** National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for this home study program at: [http://www.ibpceu.com/info/anxiety\\_disorders.pdf](http://www.ibpceu.com/info/anxiety_disorders.pdf)

### DEDICATED CUSTOMER SERVICE

Call (888) 202-2938 to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

### THE IBP EXPERIENCE

Our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars by great speakers since 1984. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

# UNDERSTANDING AND TREATING GENERALIZED ANXIETY AND RELATED ANXIETY DISORDERS



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**. This program provides 6 contact hours for nurses.



**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program is 6 CE credits.



**COUNSELORS & MARRIAGE AND FAMILY THERAPISTS:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours of CE credit. This program is pending approval by the **New York State Education Department's State Board for Mental Health Practitioners** to provide Licensed Mental Health Counselors and Marriage & Family Therapists in New York with 6 contact hours of continuing education. This program is pending certification by the **MA Association for Marriage & Family Therapy** for 6 CE hours.

**SOCIAL WORKERS:** Institute for Brain Potential (IBP), SW CPE is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. This program provides 6 contact hours. Institute for Brain Potential, provider 1160, is approved as a provider for continuing education by the



**Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical continuing education clock hours for participating in this intermediate-level course.



**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. This program provides 6 continuing education hours (CEHs). Approval is pending by the **CT Certification Board** for 6 hours of continuing education.



**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (.6 CEUs). UANs: 0492-0000-18-009-L04-P and 0492-0000-18-009-L04-T



Academy of General Dentistry

PACE Program Approval for Continuing Education

**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.



APPROVED PROVIDER OF CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills).

**NURSING HOME ADMINISTRATORS:** Institute for Brain Potential is a *Certified Sponsor* of professional continuing education with the **NAB** and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of physical therapy continuing education by the **NYSED's State Board for Physical Therapy**. This program provides 6 contact hours. This program is designed to be relevant to physical therapists. Participants will receive a certificate of completion for 6 contact hours.

**SPEECH-LANGUAGE PATHOLOGISTS:** This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate of completion for participating in this 6-hour program.

**MESSAGE THERAPISTS:** Institute for Brain Potential is approved by **NCBTMB** as a CE Approved Provider, #450939-09. This course is pending approval by NCBTMB for 6 CE hours.

**CASE MANAGERS:** This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

**DIETITIANS:** IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 5320, 6020, and 6070.

**EDUCATORS:** This program provides 7.5 PDU's of professional development in MA and 7.5 PD Hours of professional development in NY toward license renewal through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

*Generalized Anxiety: includes long-lasting and often overwhelming worry (apprehensive expectation) occurring a majority of the time.*

*The condition often coexists with depression, PTSD, fear-based disorders, OCD and perfectionism, illness anxiety disorder, substance use and insomnia.*

*Participants working in medical, dental, and behavioral practices completing this new 6-hour program should be able to:*

1. *Identify key features of generalized anxiety and related conditions.*
2. *Outline a treatment plan for a person with generalized anxiety or related conditions that combines key evidence-based interventions.*

## Understanding Generalized Anxiety and Coexisting Conditions

- **Generalized Anxiety Disorder:** excessive and long-lasting anxiety and apprehension that the person finds difficult to control and that is significantly distressing and has the potential to impair social or professional activities.
- **Origins:** adverse childhood experiences; cognitions that perpetuate anxiety and make them resistant to change; identifying generalized anxiety in children, youth, and young adults; genes and anxious temperament.
- **Depression:** unrelenting anxiety is an important risk factor for dysthymic disorder and major depression; cognitions that sustain sadness, difficulty in experiencing pleasure (anhedonia), and that coexist with generalized anxiety.
- **Trauma and Posttraumatic Stress:** experiencing directly or witnessing trauma (primary and secondary PTSD), intrusive memories and crippling anxiety; five ways to cope with PTSD.
- **Focal Anxiety:** understanding social anxiety, panic disorder, and phobic disorders including social phobia.
- **OCD Spectrum Disorders:** intrusive thoughts and compulsive behaviors (e.g., checking), that trigger anxiety if the compulsion cannot be performed.
- **The Pathology of Perfectionism:** the belief that one must strive to meet unrealistic standards in self or others, even to the point of exhaustion and burnout.
- **Illness-Related Anxiety:** somatic symptoms and fear of developing a medical condition; keys to understanding the language of stress-related physical symptoms.
- **Substance Use Disorders:** preoccupation and anticipatory anxiety follows binge and intoxication, and withdrawal and negative affect.
- **Insomnia:** thoughts that keep us awake and interfere with sleep onset, depth, and duration; how anxiety and depression differ.

## Evidence-Based Interventions

- **Cognitive-Behavioral Therapy**
  - **Understanding Cognitive Distortions:** how thoughts, emotions, and behaviors are connected.
  - **Untwisting Negative Thoughts:** powerful techniques to overcome cognitive distortions.
  - **Cognitive Restructuring:** how to change how we feel by changing how we think; disputing the cognitions linked to anxiety.
  - **Mindfulness-Based Anxiety Reduction**
  - **Non-Judgmental Awareness:** how to observe thoughts and feelings to reduce anxiety, sadness, stress, and pain.
  - **Developing habitual mindful states**
- **Exposure-Based Therapy for Fear and Obsessions**
  - **How It Works:** how confronting fears (in vivo, imaginal and interoceptive) helps retrain the habit brain.
- **Interpersonal Approaches**
  - **Motivational Interviewing:** identifying the advantages and disadvantages of maintaining anxiety-related behaviors.
  - **Words that Reduce Anxiety:** what to say to a person before undergoing medical or dental procedures.
  - **Managing Realistic Anxiety:** structured problem solving.
- **Pharmacotherapy**
  - **SRI's, Pregabalin, Benzodiazepines, and newer drugs**
- **Complementary Therapies**
  - **Herbals:** kava, chamomile, lavender oil.
  - **Relaxation-Based Methods:** breathing retraining, muscle relaxation, and Yoga.
  - **Nutrition:** rapid benefits of a plant-based diet; gut bacteria that contribute to anxiety.
- **Lifestyle Modification** that prioritizes joyful and meaningful experiences; incorporating a relapse-prevention plan that blends evidence-based approaches by making lifestyle changes.

## ABOUT THE INSTRUCTOR

*Mark Schneider, Ph.D. is an expert in behavioral medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills include emotion regulation in children and adults, the treatment of anxiety-related disorders.*

*An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories, and clinical wisdom. Participants will receive a detailed outline prepared by Dr. Schneider for all the lecture topics plus key references and resources.*

*In addition to Q & A sessions in class, Dr. Schneider will answer your questions during the second half of the lunch break and by email after the program concludes.*