

INTERACTIVE WEBCAST FRIDAY, MARCH 15, 2019

INTERACTIVE WEBCAST

Friday, March 15, 2019, 9 AM – 4 PM PDT

You will need a computer with internet access and speakers to participate in the webcast.

ON-DEMAND WEBCAST

Wednesday, March 20, 2019 – Saturday, April 20, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, March 20, 2019 through Saturday, April 20, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until January 1, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2020

UNDERSTANDING AND TREATING GENERALIZED ANXIETY AND RELATED ANXIETY DISORDERS

✓one:

Interactive Webcast with CE Credit: Friday, March 15, 2019

On-Demand Webcast with CE Credit: March 20, 2019 – April 20, 2019

Purchase of Recordings with Home Study CE Credit: through January 1, 2020

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
 \$74 Group Rate (3 or more persons registering together)
 \$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

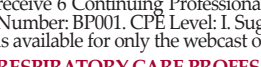
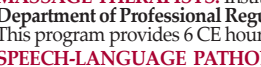
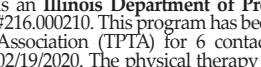
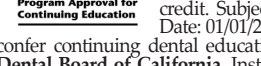
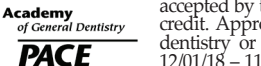
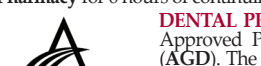
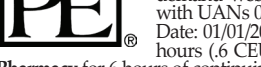
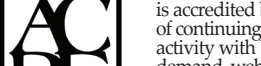
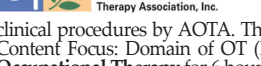
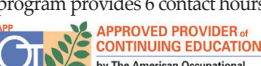
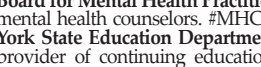
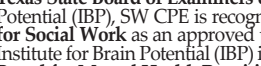
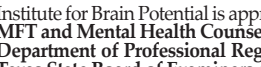
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



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. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

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 provides 6 CE credits. Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: 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.

ACE Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Ohio CSWMFT Board, Provider #RCST030801, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. 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. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 contact hours.

OT **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 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program is 6 CEHs.

ACPE **PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-18-009-L04-P and 0492-0000-18-009-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-18-010-H04-P and 0492-0000-18-010-H04-T. Initial Release Date: 01/01/2018. Planned Expiration Date: 01/01/2020. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

Academy of General Dentistry **PACE** **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 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 01/01/2018. Planned Expiration Date: 01/01/2020. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program has been approved by the Texas chapter of the American Physical Therapy Association (TPTA) for 6 contact hours. TPTA Approval Number: 64233TX. Approval Expires: 02/19/2020. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the webcast of the program. This program provides 6 CE hours.

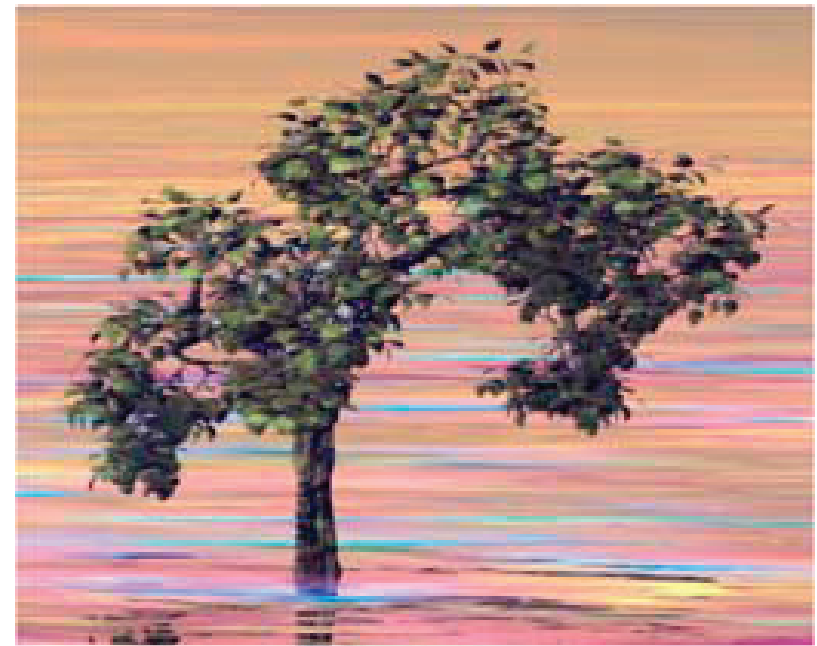
ACUPUNCTURISTS: This course is pending approval by the California Acupuncture Board, Provider Number 565, for 6 hours of Category I distance education credit.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BF001. CPE Level: I. Suggested Learning Codes: 5320, 6020, and 6070. CDR-approved credit is available for only the webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



UNDERSTANDING AND TREATING GENERALIZED ANXIETY AND RELATED ANXIETY DISORDERS

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, March 15, 2019, 9 AM, Pacific Daylight Time. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Wednesday, March 20, 2019 until Saturday, April 20, 2019. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: January 1, 2020. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

Group Registrations: Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

Transfers and Cancellations: Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less a \$15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

24/7 Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

UNDERSTANDING AND TREATING GENERALIZED ANXIETY AND RELATED ANXIETY DISORDERS

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on March 15, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting March 20 until April 20. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

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 completing this program should be able to:

- 1. Identify key features of generalized anxiety.*
- 2. Identify common psychological conditions that coexist with generalized anxiety.*
- 3. Compare and contrast the indications for cognitive-behavioral and exposure-based interventions.*
- 4. Describe strategies to reduce anxiety among clients in medical, dental and behavioral settings.*
- 5. Outline a treatment plan for a person with generalized anxiety or related conditions that combines key evidence-based interventions from the entire program.*

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, 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



Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor of Psychology at Ryerson University in Toronto. He has published 29 books and close to 200

scientific papers and chapters on anxiety-based disorders, cognitive behavioral therapy, and related topics. Dr. Antony has authored or coauthored key texts including Social Anxiety Disorder, The Shyness and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, and The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions.

An outstanding speaker, Dr. Antony has given over 300 presentations and seminars to health professionals around the world including highly regarded presentations on OCD, perfectionism, shyness, and social anxiety. Audiences highly recommend his presentations for their abundance of practical information, case histories, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.

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