

**BUFFALO, NY**  
M HOTEL BUFFALO  
2040 Walden Ave, 14225  
(716) 681-2400

Wednesday, May 24

**ROCHESTER, NY**  
DOUBLETREE HOTEL ROCHESTER  
1111 Jefferson Rd, 14623  
(585) 475-1510

Thursday, May 25

**SYRACUSE, NY**  
THE PALACE THEATRE  
2384 James St, 13206  
(315) 463-9240

Friday, May 26



# TREATING SIX FORMS OF ANXIETY

LIVE SEMINAR (✓ ONE)

- Buffalo, May 24       Rochester, May 25       Syracuse, May 26

UNABLE TO ATTEND?

PURCHASE 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

- \$89 Individual Rate
- \$84 Group Rate (3 or More Persons Registering Together)
- \$99 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – a text that presents five ways to manage anxiety-related habits. Preorder the book to receive it onsite at this discounted rate.

## FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://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

All major credit cards are accepted:

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

Signature \_\_\_\_\_

PLEASE POST



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

# TREATING SIX FORMS OF ANXIETY

**BUFFALO:** Wednesday, May 24

**ROCHESTER:** Thursday, May 25

**SYRACUSE:** Friday, May 26

**Topics Include:**

- Recognize Key Symptoms
- Understand Habits
- Best Psychological Treatments

A New 6-Hour Program, Spring, 2023: \$89



# TREATING SIX FORMS OF ANXIETY

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 lecture for up to a year, or 3) Request a full 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 unlikely event a seminar cannot be held (e.g., unforeseeable Covid restrictions), 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:** Delivered to you within 5-7 workdays.

**Online:** Play or download 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/six\\_forms\\_anxiety.pdf](http://www.ibpceu.com/info/six_forms_anxiety.pdf)

## DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 or email [info@ibpceu.com](mailto:info@ibpceu.com) to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

## THE IBP EXPERIENCE

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.

# TREATING SIX FORMS OF ANXIETY



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. 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. Institute for Brain Potential is recognized by the **NY State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. This program provides 6 CE credits.

**COUNSELORS & MARRIAGE AND FAMILY THERAPISTS:** 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.



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 CE clock 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.



**ACE** Institute for Brain Potential, ACE Approval Number: 1160, 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. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.



**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a **NAADAC** Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.



**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: 0492-0000-22-018-L04-P and 0492-0000-22-018-L04-T

**DENTAL PROFESSIONALS:** This program provides 6 hours of continuing education credit.



Institute for Brain Potential  
Nationally Approved PACE Program Provider  
for FAGD/MAGD credit.  
Approval does not imply acceptance by any  
regulatory authority or AGD endorsement.  
12/01/18 to 11/30/24  
Provider ID# 312413.  
AGD Subject Code: 557.



**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 (Client Factors).

**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 recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program provides 6 contact hours of CE.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved by **NCBTMB** as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 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.

**PHYSICIAN ASSISTANTS:** This educational activity provides 6 hours of Category 2 CME credits.

**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: 2110, 4040, 5260, and 5330.

**ALLIED HEALTH PROFESSIONS:** Naturopathic Physicians, Veterinarians, Prosthetists, Orthotists, and Chiropractors receive a Certificate of Completion for this 6-hour program. Please contact your regulatory board to determine course approval.

**EDUCATORS:** educators in NY can earn 7.5 PD Hours for successfully completing this program.

*This program includes key insights, diagnoses, brain-related aspects, and psychological interventions for generalized anxiety disorder, mixed anxiety and depression, social anxiety disorder, panic disorder and agoraphobia, obsessive-compulsive disorder, and post-traumatic stress disorder.*

*Health professionals completing this new program should be able to:*

- 1. Identify diagnostic features and effective treatments of generalized anxiety disorder.*
- 2. List features and treatments of mixed anxiety and depression.*
- 3. Name treatments for social anxiety disorder in children and adults.*
- 4. Cite psychological features and interventions for panic disorder and agoraphobia.*
- 5. State how OCD is diagnosed and treated.*
- 6. Describe advances in the behavioral management of PTSD.*
- 7. Describe transdiagnostic approaches to treating anxiety-related disorders.*

## 1. Generalized Anxiety Disorder

- **Key Insight:** the habit of “what if” thinking perpetuates the condition; why the disorder is often misdiagnosed.
- **Diagnosis:** excessive and persistent worry, high levels of arousal, poor concentration, fatigue and somatic symptoms.
- **Brain:** how fears are amplified and perpetuated.
- **Behavioral Treatments:** individual and group cognitive-behavioral therapy (CBT); cognitive restructuring in real time; motivational interviewing to enhance treatment engagement.

## 2. Mixed Anxiety and Depression

- **Key Insight:** a significant number of people with heightened anxiety have features of persistent depression and depression.
- **Diagnosis:** although missing from the DSM-5, anxiety and depression frequently coexist, and this informs treatment.
- **Brain:** neurotransmitters and antidepressants.
- **Behavioral Treatments:** applying cognitive behavioral therapy to change how we feel by changing how we think and act.

## 3. Social Anxiety Disorder

- **Key Insight:** the third most common mental illness.
- **Key Symptoms:** a tendency to view mildly negative or ambiguous social events as catastrophic; social withdrawal.
- **Brain:** the amygdala detects threat and social hesitancy that leads to a failure to extinguish core fears and anxieties.
- **Behavioral Treatment: Children and Adults:** individual and group CBT; social skills training; the benefits of virtual reality.

## 4. Panic Disorder and Agoraphobia

- **Key Insight:** intense fear and somatic reactions can significantly impair quality of life.
- **Diagnosis:** panic attacks can resemble a myocardial infarction; the condition can be disabling, especially when accompanied by fear

of crowded places or of leaving home.

- **Brain:** activation of fear-related brain structures, exaggerated somatic awareness, and impaired sleep.
- **Psychological Treatment:** CBT for managing sensitivity to somatic sensations (internalizing) and panic-related anxiety; remote CBT, mindfulness, and acceptance-based therapies.

## 5. Obsessive Compulsive Disorder

- **Key Insight:** OCD is one of the most disabling neuropsychiatric condition.
- **Key Features:** presence of intrusive thoughts, images, and urges (obsessions); repeated behaviors designed to prevent harm or reduce anxiety (compulsions); avoidance; thought-action fusion.
- **Brain:** OCD includes habitual thoughts and actions regulated by the prefrontal cortex and the basal ganglia.
- **Psychological Treatment:** Exposure and Response Prevention, a best practice to reduce core symptoms; role of CBT.

## 6. Post-traumatic Stress Disorder

- **Key Insight:** PTSD often co-occurs with other conditions such as depression or substance misuse.
- **Diagnosis:** intrusive traumatic memories, pervasive sense of threat, emotional numbing, trauma avoidance, and insomnia.
- **Brain:** failure to extinguish trauma is linked to cortisol, the hippocampus, amygdala, and prefrontal cortex.
- **Treatment:** Prolonged Exposure: reliving memories to aid in fear extinction; *in vivo* exposure—confronting feared places, objects, and situations; Trauma-Based CBT (e.g., Cognitive Processing Therapy).

## Treating Multiple Coexisting Anxiety Disorders

- **Key Insight:** as an alternative to disorder-specific treatments, CBT can be adapted to be used across emotional disorders.
- **Treatment:** a unified protocol for transdiagnostic treatment of emotional disorders and group treatment of anxiety disorders.

## ABOUT THE INSTRUCTOR

*Martin M. Antony, Ph.D., is an internationally recognized expert in assessing and treating generalized anxiety and related disorders. He is past president of the Canadian Psychological Association, Professor of Psychology at Ryerson University in Toronto, and the author of over 250 research papers and 30 books concerning generalized anxiety and related disorders.*

*An outstanding speaker, Dr. Antony has presented workshops for IBP for over 20 years and for health professionals around the world. Audiences highly recommend his presentations for their abundance of practical insights, insightful case histories, and clinical wisdom. Participants receive an outline prepared by Dr. Antony and he will personally answer your questions in class, during breaks, during the second half of the lunch break and after adjournment by email.*