

INTERACTIVE WEBCAST FRIDAY, MARCH 25, 2022

INTERACTIVE WEBCAST

Friday, March 25, 2022, 9 AM – 4 PM (PDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Wednesday, March 30, 2022 – Saturday, April 30, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Wednesday, March 30, 2022 through Saturday, April 30, 2022 to earn home study credit. Release Date: 02/16/22. Planned Expiration Date: 02/16/25.

HOME STUDY RECORDINGS

Valid for CE until February 16, 2025

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 02/16/22. Planned Expiration Date: 02/16/25.

TREATING SIX FORMS OF ANXIETY

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Interactive Webcast with CE Credit: Friday, March 25, 2022

On-Demand Webcast with CE Credit: March 30, 2022 – April 30, 2022

Purchase of Recordings with Home Study CE Credit: through February 16, 2025

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) _____

TUITION

- \$84 Pre-Registration Rate
- \$94 Registration on the Day of the Program
- \$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – a text that presents five ways to manage anxiety-related habits.

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 nursing continuing professional development 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 recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 contact 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 clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

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.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, 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) 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 #SW-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. The **Ohio CSWMFT Board** accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS: This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

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 & 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 0492-0000-22-018-L04-P and 0492-0000-22-018-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-22-019-H04-P and 0492-0000-22-019-H04-T. Initial Release Date: 02/16/2022. Planned Expiration Date: 02/16/2025. 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.

DENTAL PROFESSIONALS: This program provides 6 CE hours. 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**.

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
Release Date: 02/16/22. Expiration Date: 02/16/25

PHYSICAL THERAPISTS: Institute for Brain Potential is approved 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. 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 is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)**. This program provides 6 CE hours. 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.

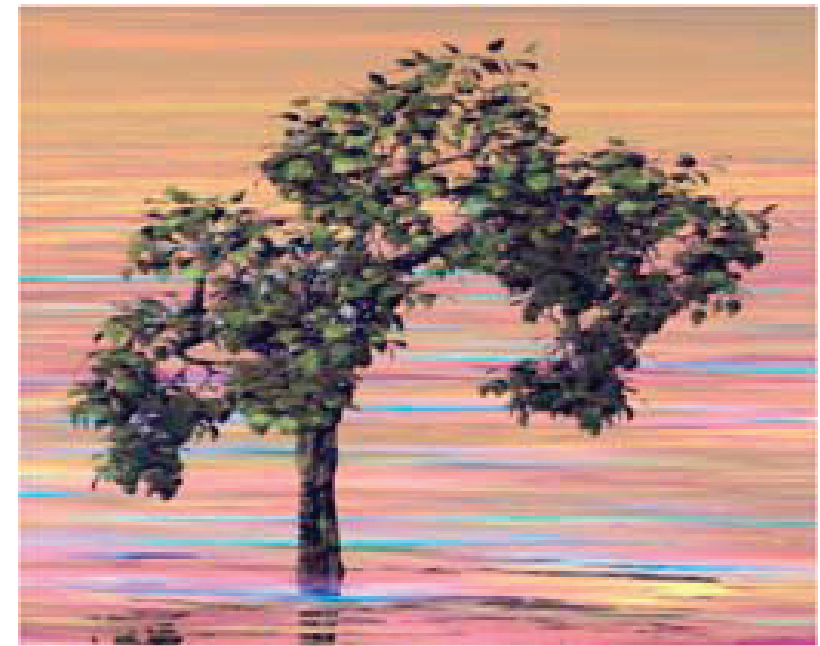
SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the interactive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

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: BP001. CPE Level: I. Suggested Learning Codes: 2110, 4040, 5260, and 5330. CDR-approved credit is available for only the interactive 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.



TREATING SIX FORMS OF ANXIETY

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, March 25, 2022, 9 AM, Pacific Daylight Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. 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 30, 2022 until Saturday, April 30, 2022. Registrants who sign up for the interactive 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: February 16, 2025.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/sfai.pdf

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.

TREATING SIX FORMS OF ANXIETY

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 25, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting March 30 until April 30. 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.

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 posttraumatic 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 conditions.
- **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. Posttraumatic 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.