

# Shyness and Social Anxiety: Evidence-Based Techniques for Overcoming Fear

## A 6-Hour Home Study Program for Health Professionals

*There have been significant advances in assessing and treating social anxiety and, in particular, extreme shyness and performance-related fears in children and adults.*

*This program presents step-by-step techniques for overcoming fears by presenting the full range of evidence-based treatments including cognitive strategies, exposure-based treatments, social skills training, mindfulness and acceptance-based approaches, and pharmacotherapy.*

Participants completing this program should be able to:

1. Describe characteristics of the spectrum of social anxiety disorders including shyness.
2. Discuss origins, associated features and common coexisting disorders.
3. Identify evidence-based psychological and pharmacological treatments for shyness and social anxiety disorders.
4. List several clinical tools and insights to successfully implement treatments for social anxiety and shyness.



**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. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.



**COUNSELORS, PSYCHOLOGISTS, 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.



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 credit.



**ACE** Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) 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 Florida Board of Psychology, 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.



**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by CCAPP-EI, Provider Number 4S-09-128-1217. This program provides 6 CEHs



**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 is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-056-H04-P and 0492-0000-16-056-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.



**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. 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 provides 6 hours of CE credit.



**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 Focus: Domain of OT (Performance Skills) and Professional Issues (Supervision). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

**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. This program provides 6 contact hours of CE credit.

**MESSAGE THERAPISTS:** Institute for Brain Potential is approved as provider of continuing education 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. This program provides 6 CE hours



**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. 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.

### Diagnosis

- Social Anxiety Disorder (Social Phobia)
- Avoidant Personality Disorder
- Pathological Shyness

### Origins, Associated Features and Coexisting Conditions

- Origins
- Variants
- Common Coexisting Disorders
- Response to Stress

### Treatments

- Cognitive Strategies
- Behavioral Strategies
- Acceptance and Mindfulness-Based Approaches
- Pharmacotherapy
- Alternative and Complementary Therapies
- Group Therapy for Social Anxiety
- Self-Help

### Clinical Insights and Tools

- Cognitive-Behavioral (CBT)
- Exposure
- Stop Playing It Safe
- Acceptance-Based Strategies
- Social Skills Training
- Treatments for Children
- Families
- Roadblocks
- Review

### 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 and Chair of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders 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, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn't Good Enough: Strategies for Overcoming Perfectionism.*

*An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.*