INTERACTIVE Webcast
Thursday, January 7, 2021

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

Four Ways To Register

Pre-Registration
Phone (   )   Home Phone (   )
City/State  ,   Zip
Name (please print)

Valid for CE until August 1, 2022

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 CE-31896, and Florida Board of Nursing. This program provides 6 contact hours.

PHYSICIANS: Institute for Brain Potential is an approved provider of medical education for physicians by the American Medical Association. This program is approved for 6.00 AMA PRA Category 1 Credits™. The physicians and health care professionals that deliver this program (IBP employees) have indicated no relevant financial relationships to disclose.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association’s Commission on Accreditation to sponsor CE events for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 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.

On-Demand Webcast
Tuesday, January 12, 2021 – Friday, February 12, 2021

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Tuesday, January 12, 2021 through Friday, February 12, 2021. The program plus in-class exercises will be available in four convenient segments.

Home Study Recordings

Valid for CE until August 1, 2022

On-Demand Webcast: You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 1, 2022

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

A 6-Hour Program for Health Professionals

INTERACTIVE Webcast: The date of the interactive webinar is Thursday, January 7, 2021, 9 AM – 4 PM (PST). Sign-in: 8:30 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 webinar.

On-Demand Webcast: You may view the program in segments at your convenience from Tuesday, January 12, 2021 until Friday, February 12, 2021. Registrants who sign up for the interactive webinar may elect to take the on-demand webinar.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: August 1, 2022.

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

Registration Information: Systems and apparatus for recording, 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 webinar, viewing the on-demand webinar 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 their registration have four options: 1) Transfer to alternate date of the webinar, 2) Transfer to another scheduled webinar, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund. In all cases, submitting a refund request in writing 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 webinar and system requirements to participate in the program, visit: www.ibpceu.com/info/saii.pdf

Institute for Brain Potential: Since 1984, our non-profit organization (Tax ID 77-0026830) has presented interactive and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.
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 January 7, the date of the broadcast?
Yes! First, register for the program. You will receive a link to view the program starting January 12 until February 12. 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.

Diagnosis

• Social Anxiety Disorder (Social Phobia): updated DSM-5 criteria include chronic fear, anxiety and avoidance of social situations, e.g., meeting unfamiliar people, being observed, and performing or speaking in front of others.

• Avoidant Personality Disorder: social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation that usually begins in early adulthood and is present in many contexts; how it compares with social anxiety disorder.

• Pathological Shyness: how it compares with introversion, social anxiety, withdrawal, and avoidant personality disorder.

Origins, Associated Features and Coexisting Conditions

• Origins: formative experiences that contribute to the development of social anxiety and shyness.

• Variants: the spectrum of social anxiety-related disorders.

• Common Coexisting Disorders: depression, generalized anxiety disorder, somatic complaints and body dysmorphic disorder.

• Response To Stress: abnormalities of cortisol, an adrenal hormone identified with chronic stress.

Treatments

• Cognitive Strategies: changing how people think about their fears, reframing cognitions and disputing them by comparing imagined fears with actual situations.

• Behavioral Strategies: exposure to feared situations—three types of exposure to fearful situations: imaginal, interoceptive and in vivo and what works best.

• Acceptance and Mindfulness-Based Approaches: developing a present-centered focus and learning to accept what is unlikely to change in oneself and in others.

• Pharmacotherapy: the role of SSRIs and other antidepressants, anti-anxiety medications, etc.

• Alternative and Complementary Therapies: effectiveness of physical activity (e.g., interval training), massage, acupressure and Yoga, and herbs (Kava and St. John’s Wort).

• Group Therapy for Social Anxiety: key elements that can lead to effective outcomes.

• Self-Help: bibliotherapy, online treatment support, and key resources and support groups.

Clinical Insights and Tools

• Cognitive-Behavioral (CBT): challenging anxious thinking and learning to think more flexibly and realistically.

• Exposure: strategies for confronting fears instead of avoiding them.

• Stop Playing It Safe: how safety-related behaviors interfere with overcoming social anxiety.

• Acceptance-Based Strategies: how mindfulness and acceptance-based therapies can be effectively used.

• Social Skills Training: improving communication skills to perform more effectively in social situations.

• Treatments for Children: how treatment differs.

• Families: how to prevent family members from undermining effective treatment.

• Roadblocks: dealing with the most common obstacles that arise in CBT and in other therapies

• Review: ten simple solutions to overcoming shyness: how to overcome social anxiety and fear of public speaking.

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, insightful case examples, 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.