

# INTERACTIVE WEBCAST THURSDAY, DECEMBER 2, 2021

## INTERACTIVE WEBCAST

Thursday, December 2, 2021, 9 AM – 4 PM (EST)

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

## ON-DEMAND WEBCAST

Tuesday, December 7, 2021 – Friday, January 7, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Tuesday, December 7, 2021 through Friday, January 7, 2022 to earn home study credit. Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

## HOME STUDY RECORDINGS

Valid for CE until August 1, 2022

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: 08/01/19. Planned Expiration Date: 08/01/22.

# SHYNESS AND SOCIAL ANXIETY: EVIDENCE-BASED TECHNIQUES FOR OVERCOMING FEAR

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Interactive Webcast with CE Credit: Thursday, December 2, 2021

On-Demand Webcast with CE Credit: December 7, 2021 – January 7, 2022

Purchase of Recordings with Home Study CE Credit: through August 1, 2022

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

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program

### FOUR WAYS TO REGISTER

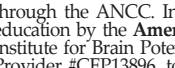
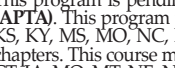
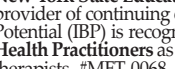
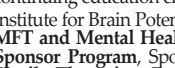
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

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 live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

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 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:** 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 (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Professional Issues (Supervision). 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 CE's. 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 0492-0000-20-044-L04-P and 0492-0000-20-044-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-070-H04-P and 0492-0000-19-070-H04-T. Initial Release Date: 08/01/2019. Planned Expiration Date: 08/01/2022. 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**.

**PACE**  
ACADEMY of  
GENERAL DENTISTRY  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION

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: 08/01/19. Expiration Date: 08/01/22

**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: 5320, 6010, 6020, and 6070. 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 sponsorship 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.



# SHYNESS AND SOCIAL ANXIETY: EVIDENCE-BASED TECHNIQUES FOR OVERCOMING FEAR

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Thursday, December 2, 2021, 9 AM, Eastern Standard 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 Tuesday, December 7, 2021 until Friday, January 7, 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: August 1, 2022.

**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](mailto: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/ssxi.pdf](http://www.ibpceu.com/info/ssxi.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.

# SHYNESS AND SOCIAL ANXIETY: EVIDENCE-BASED TECHNIQUES FOR OVERCOMING FEAR

## 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 December 2, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting December 7 until January 7. 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.

*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 shyness, social anxiety disorders and related problems.*
- 2. Discuss origins, associated features and common coexisting disorders.*
- 3. Identify evidence-based psychological and pharmacological treatments for social anxiety and related disorders.*
- 4. List several clinical tools and insights to successfully implement treatments for social anxiety and shyness.*

## Diagnosis

- **Social Anxiety Disorder (Social Phobia):** DSM-5 criteria include chronic fear, anxiety and avoidance of social situations, e.g., meeting new 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, body dysmorphic disorder.
- **Biological Factors:** genetics, neurotransmitters, hormones, brain activity.

## 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, cannabidiol (CBD), and herbal remedies (e.g., 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 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 treatment.

## ABOUT THE INSTRUCTOR



*Martin M. Antony, PhD, an internationally recognized expert in treating anxiety and related disorders, is Professor of Psychology at Ryerson University in Toronto. Dr. Antony has written extensively on the assessment and treatment of social anxiety, including his bestselling *Shyness and Social Anxiety Workbook*, now in its third edition. Further, his research and texts provide practical calming strategies for health professionals to help facilitate meaningful change. 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.*

*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.*