Social Anxiety:
Step by Step Techniques to Overcome Fear, Shyness, and Social Phobia

Friday, June 15, 2018
9:00 a.m. - 12:00 p.m. | Frank G. Pogue Student Center, Room 143 | 3 CEUs
Course costs $65 | $50 early bird registration by June 1st
Ask about student discount

Do you work with clients who constantly feel out of place in social situations? Do your clients have difficulty attending social functions or going to school? Does the fear of being judged or embarrassed limit your client's life?

Join us for a strategy filled, interactive workshop using a form of CBT called exposure and response prevention. We will show you how exposure to embarrassing situations, challenging automatic thoughts and practicing common social interactions will help your clients develop the skills needed to take back their social life and prevent more devastating problems in their future.

About the Instructor
Kimberly Morrow, LCSW is a clinical social worker in private practice in Erie, Pennsylvania and a popular speaker at the many workshops she gives nationally and through PESI. She has been specializing in treating people with anxiety disorders for over 25 years and has been teaching others how to treat anxiety for over 15 years. She is on the board of the Obsessive Compulsive Foundation of Western Pennsylvania and received the 2012 Clinician Outreach Award and the 2015 Member of Distinction Award from the Anxiety and Depression Association of America. She has made a video to train Master's level clinicians in the treatment of anxiety. Kimberly provides training and case consultation through her tele-health website: www.anxietytraining.com. She is also the author of “Face It and Feel It: 10 Simple But Not Easy Ways to Live Well with Anxiety”, and "CBT for Anxiety: A Skills Training Manual for the Treatment of Fear, Panic, Worry, and OCD" (Pesi Publishing and Media).

Course Outline and Schedule
9:00 - 9:15 a.m.
Introductions
9:15 - 9:30 a.m.
Assessment and Diagnosis of Social Anxiety
9:30 - 10:00 a.m.
Psychoeducation-the key to motivation
10:00 - 10:30 a.m.
Developing a mindful attitude of curiosity
10:45 - 11:15 a.m.
Creating successful practice including paradoxical exposures
11:15 - 11:45 a.m.
Developing the "I can handle it" belief
11:45 - 12:00 p.m. Practice and questions

Learning Objectives
• Understand the 3 key components of treatment for social anxiety
• Develop a hierarchy of trigger situations
• Identify autonomic nervous system function
• Identify safety behaviors for social anxiety
• Formulate ways to challenge automatic thoughts related to social anxiety
• Practice exposures to embarrassing situations

• Edinboro University provides CEUs for Social Workers, Marriage and Family Therapists, and Professional Counselors.

Space is limited. To reserve your spot, contact Jordan Gass at jgass@edinboro.edu or 814-732-1250.