Embracing Discomfort: Learning to Do Exposure and Response Prevention with Anxiety Disorders

Presenter: Kimberly Morrow, LCSW
Date & Time: Friday, November 11, 2016; 9AM – 4:30PM
CEU’s: 6 Continuing Education Units
Location: Pogue Center, Room 303B, Edinboro University of Pennsylvania
Cost: $150

Early Bird Registration: If registered by October 30, 2016, price is $140

Overview:
Attendees will learn Exposure and Response prevention, an empirically based, CBT treatment for anxiety disorders. Research has found anxiety to coexist with many other diagnoses including addictions, depression, and trauma. It is crucial for the clinician to be very comfortable and confident in diagnosing as well as providing treatment for all anxiety disorders. Content will cover the differences between each anxiety disorder and how to determine the client’s core vulnerability with each; how to decide which disorder to treat first when there is co-morbidity; how to effectively teach the client about the neurobiology of anxiety disorders; as well as develop a treatment strategy using hierarchies and SUDS levels. Exposure and response prevention strategies and demonstrations will be utilized to aid in developing confidence in the clinician. Finally, attendees will be taught the role of families in anxiety, and how to include them in treatment using specific coaching methods. Learning methods include PowerPoint, handouts, role play, scripts, and discussion. Content reflects evidence level A according to the levels of the Association for Healthcare Research and Quality.

Learning Objectives:
1. Review diagnoses and neurobiology of anxiety disorders.
2. Learn how to determine treatment priorities when there is co-morbidity.
4. Develop treatment plans using evaluation tools, hierarchies, and SUDS levels.
5. Practice coaching clients through ERP and teaching family members how to coach.

Outline and Schedule:
9:00-9:15 Introductions (Coffee and Light Refreshments included)
9:15-10:00 CBT for Anxiety Disorders and Structure of session
10:00-10:30 Defining Aspects of Anxiety and Therapeutic Attitude
10:30-10:45 Break
10:45-12:00 Exposure and Response Prevention (practice)
12:00-1:00 Lunch (Box Lunch included)
1:00-2:00 Cognitive Retraining
2:00-2:45 Coaching (training family members)
2:45-3:00 Break
3:00-3:30 Applying ERP to Different Diagnoses
3:30-4:00 Termination and Common Mistakes
4:00-4:30 Practice and Questions

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 clinician’s 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.”

To Register: You can register online or over the phone or via email.
ONLINE: Register online at: https://your.edinboro.edu/events/embracing
EMAIL: Contact Beth A. Zewe at zewe@edinboro.edu

Please make checks payable to “Edinboro University.”