

WHAT ARE WE REALLY AFRAID OF? POWERFUL, PRACTICAL AND CREATIVE COGNITIVE-BEHAVIORAL STRATEGIES FOR WORKING WITH ANXIOUS ADULTS TAMAR CHANSKY, PHD

CONFERENCE SUMMARY

Anxiety is a front-line mental health issue. More prevalent than any other condition, 1 in 4 adults will develop an anxiety disorder in their lifetime. Worry can interfere with every aspect of a person's life, from their work to their personal relationships, their sense of self and even their physical health. Fortunately, anxiety is also the most treatable condition. It all begins with worry and the significance we give it in our thoughts. The dilemma for therapists is that clients are too frightened to explore their fears, but if we provide them with the tools to do so, they can learn two important facts: 1) that life is more manageable than they think based on worry's assessment, and 2) that especially in situations where challenges exist, worry is not an adaptive response, but planning and clear thinking are. In this workshop designed for clinical social workers and other therapists who wish to increase their competence in treating anxious clients, a practical, powerful and creative model for working with anxious clients will be presented. Participants in this workshop will learn effective, creative and easily implemented strategies to help clients face their fears, and learn competent ways of opening the door of their anxiety to evaluate what is really there. These strategies are based on empirically sound cognitive-behavioral principles, and importantly are quickly learned and incorporated into a client's daily life. Participants will learn how to use empathy to establish a way in to the anxious mind and a four-step plan to bring clients from catastrophe to clarity. Multiple brief case examples will be presented so participants can gain an understanding of how these strategies may be used with those with sub-clinical anxiety as well as more severe anxiety.

OBJECTIVES

- Participants will learn the basic neurology underlying anxiety.
- Participants will learn to conceptualize the Cognitive-Behavioral Model for Anxiety.
- Participants will learn multiple effective, creative techniques for the cognitive, physiological and behavioral components of anxiety.
- Participants will learn a four-step plan for overcoming anxiety.

CONFERENCE

Saturday, February 25, 2012: 9 am – 1 pm – 4 CE's (Registration & light refreshments from 8:30 am – 9 am)

Location: Lankenau Hospital, Annenberg Conference Center, Room 101, 100 E. Lancaster Ave., Wynnewood, PA 19096

Pennsylvania Society for Clinical Social Work, 112 Carol Lane, Richboro, PA 18954 – 215/942-0775 – website: www.pscsw.org

Registration for **Tamar Chansky, PhD: What Are We Really Afraid Of?**

Powerful, Practical & Creative Cognitive-Behavioral Strategies for Working with Anxious Adults

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|--|----------------|--------------------|-----------------------------------|-------------------------|---------------|
| Workshop Registration before Feb. 15 th | \$70 | \$85 | \$20 | \$30 | _____ |
| Workshop Registration after Feb. 15 th | \$80 | \$95 | \$25 | \$35 | _____ |
| | | | | <u>TOTAL</u> | _____ |

If you would like **membership information**, please check this box.

STUDENT VOLUNTEERS: PSCSW welcomes social work students to attend all programs. If you would like to attend free of charge, please consider volunteering your assistance on the morning of the program. Interested graduate student volunteers, please contact Linda Brockway at (215) 316-2777 or lindabrockway@gmail.com.

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