



# Overcome the Trick of Chronic Anxiety: Powerful Methods to put Anxiety in its Place

6.5 Continuing Education Credits

Presented by  
David Carbonell, Ph.D.

Friday, May 4, 2018  
Registration 8:00-8:30 AM  
Presentation 8:30 AM to 4:30 PM with lunch and breaks

Memorial Center for Learning and Innovation  
Room 2A Curtis Theater  
228 W. Miller Street  
Springfield, Illinois 62702  
217-588-6254

Sponsored by:  
Illinois Psychological Association

## About the Workshop

Chronic anxiety disorders all involve a “threat” that doesn’t occur. Panic attacks don’t kill, obsessive doubts about the stove don’t cause fires, social anxiety doesn’t lead to disgrace and isolation, worry doesn’t lead to insanity. The feared outcomes recede into the future the way an optical illusion recedes into the horizon.

Why then are they so powerfully chronic? Why don’t the 45 million Americans who are afflicted discover this and recover spontaneously? It’s because chronically anxious clients get **tricked** by their own efforts to avoid, distract from, and protect against the perceived dangers. When the dangers don’t come to pass, they believe they had a narrow escape from a terrible calamity, and feel more vulnerable going forward rather than less. They become more and more afraid of more and more improbable and unlikely events. What we call the “anxiety disorders” could be more accurately termed “the disorders of excessive self-protection”, because that’s how they function.

And that’s how you can help them recover, by teaching them how to disengage from the self-protective behaviors that trick them. Attend this workshop and learn how to help your anxious clients find the evidence of this in their own lives, so you can help them approach and accept, rather than avoid and resist, the experience of anxiety.

This workshop will teach you to empower your clients with anxiety disorders to see themselves as good, capable people who have been fooled by anxiety, rather than defective people who need protection. Discover how to motivate your clients to seek out, rather than avoid, the corrective experiences they need for recovery. Take home effective strategies from Acceptance and Commitment Therapy, Paradoxical Therapy, Metacognitive Therapy, and traditional CBT to help your clients rediscover the hopes and

dreams they had for life before they were obscured by their struggle against anxiety. You, and your clients, will be glad you did.

## Learning Objectives

Participants will be able to:

1. Identify 2 ways anxiety tricks your clients into getting stuck and identify two ways to turn that around.
2. Identify 2 ways to disarm anxiety about treatment and build a strong working relationship with the most anxious of clients.
3. Identify 2 strategies to help clients recover from Panic Disorder, Social Anxiety Disorder, Generalized Anxiety Disorder and Specific Phobias, with or without the help of medications.
4. Identify at least 2 techniques to help you relieve your clients' shame, blame, and excessive self-protection.
5. Identify at least 1 experiment that can be used in session to help clients acquire a new view of chronic anxiety and a more adaptive approach.
6. Demonstrate and list the steps involved in a simple breathing technique which not only restores comfortable breathing, but serves as a metaphor to guide future responses to anxiety.
7. Identify 2 ways to help clients establish a more adaptive relationship with their chronic anticipatory worry.

## THE PRESENTER

*David Carbonell, Ph.D.*



Dave Carbonell, Ph.D. is a Clinical Psychologist who specializes in treating fears and phobias. He is the author of three self-help books: **Panic Attacks Workbook**, **The Worry Trick**, and **Fear of Flying Workbook**. He is the “coach” of the popular self-help site, [anxietycoach.com](http://anxietycoach.com), and has taught workshops on the treatment of anxiety disorders to more than 7000 therapists in the U.S. and abroad. He received his doctorate in clinical psychology from DePaul University in Chicago in 1985, and has maintained a practice in the treatment of anxiety disorders in Chicago since 1990. In his spare time, he is the founding member of The Therapy Players, an improvisational comedy troupe of professional psychotherapists in the Chicago area.

## Workshop Outline

### Treatment Strategies

Prepare clients for treatment

- Disarm the fear of treatment
- Discover the Anxiety Trick
- Experiment with exposure and acceptance
- Empathy requires a phobic viewpoint

## Schools of Treatment

- CBT methods to review outcomes and plan experiments
- ACT methods to promote acceptance of discomfort and action
- Paradoxical methods to encourage exposure
- Metacognitive Therapy methods to disengage from arguing with anxious thoughts

## Use your body

- Belly breathing the right way
- Don't take it lying down
- What's your job when you're anxious?
- Replace destructive protection with valued actions
- The rule of opposites

## Interacting with your mind

- The problem with correcting thoughts
- Uncle Argument at the banquet
- Disengage from "what if?"
- Change your relationship with worry

## Train your brain

- Work with your amygdala
- The real purpose of exposure
- Undoing safety behaviors
- Being AWARE

## Treating Anxiety Disorders

### Panic Disorder

- What maintains it? How to end it
- Hope and help for demoralized clients
- Get unstuck from the "Why?" Questions
- 3 powerful questions

### Social Anxiety Disorder

- The self-centered phobia
- Whose thoughts bother you?
- Secrecy is a safety behavior
- Would you like to try an experiment?

### Generalized Anxiety Disorder

- The two types of worry
- The Mad Libs of anxiety
- Paradoxical thought experiments
- Don't even think of thought stopping
- Worry appointments and exposure methods for worry

### Specific Phobias

#### In vivo exposure for:

- Fear of flying
- Fear of public speaking

## References

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## CONTINUING EDUCATION CREDITS

*Overcome the Trick of Chronic Anxiety: Powerful Methods to put Anxiety in its Place* is sponsored by the Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

6.5 continuing education credits for psychologists will be awarded.

The IPA has been approved by The Illinois Social Work Continuing Education Committee for the Illinois Department of Professional Regulation to offer CE credit for social workers. #159-001359

APA CE credits satisfy the continuing education requirements of Illinois Licensed Professional Counselors.

## CANCELLATION POLICY

No refunds will be offered for this workshop after Friday, April 20.

Grievances about the workshop may be addressed to the Illinois Psychological Association in writing.

**Illinois Psychological Association**  
**67 East Madison Street Suite 1817**  
**Chicago, Illinois 60603**

## LOCATION



### **Memorial Center for Learning and Innovation**

*Overcome the Trick of Chronic Anxiety: Powerful Methods to put Anxiety in its Place* will be held on Friday, May 4, 2018 from 8:30 AM to 4:30 PM (registration 8:00-8:30 AM) at the Memorial Center for Learning and Innovation located at 228 W. Miller Street in Springfield, Illinois. The phone number of the facility is 217-588-6254. The facility is accessible.

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, she/he should contact Marsha Karey by March 9, 2018 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Ms. Karey (312-372-7610 x201 or [mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org)).

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

## DIRECTIONS AND PARKING

For Directions to the Center and Parking information go to:  
[http://www.civconference.org/docs/MCLI\\_Driving\\_Directions.pdf](http://www.civconference.org/docs/MCLI_Driving_Directions.pdf)

## Pre-Workshop Dinner

For those arriving on Thursday May 3, 2018, there will be a get-together dinner at 7 pm at



Maldaner's Restaurant  
222 S. 6th St.  
Springfield, Illinois 6270  
217-522-4313.

RSVP to Dr. Anna Hickey by April 27, 2018 at 217-414-4703 or [anna.m.hickey@gmail.com](mailto:anna.m.hickey@gmail.com).

## Overnight Accommodations



The President Abraham Lincoln Doubletree Hotel at  
701 E. Adams St.  
Springfield, Illinois 62701

A group of rooms is being held until April 12 at the special rate of \$115 for a single or double for arrival on May 3rd. To reserve a room call: 217-544-8800.

**The Registration Form is on the Next Page**

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**Register Early - Attendance is limited**  
**LUNCH IS INCLUDED**

**Registration Form:**

Name/Degree: \_\_\_\_\_

Profession: (Psychology, Social Work, etc.) \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

email: \_\_\_\_\_

**Fees**

IPA Member & Trust Insureds	\$175.00
Non-Member	\$225.00
IPA Student Members	\$75.00

After April 27, 2018 and On-site Registration Fees

IPA Member & Trust Insureds	\$200.00
Non-Member	\$250.00
IPA Student Members	\$100.00

**Payment**

Enclosed check for \$ \_\_\_\_\_ or

Charge \$ \_\_\_\_\_ to:  Visa  MasterCard

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