

Life Beyond Anxiety: Finding Freedom from Worry and Panic

May 29-31, 2020

Presenter: Paul Foxman, Ph.D.

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

Program

Learn to teach yourself and your clients to move beyond worry and live in the present with more joy, optimism, and confidence. Instead of avoiding anxiety-arousing situations and limiting personal growth, they can face anxiety using new skills—skills that empower them to realize their true potential.

In this program, Paul Foxman teaches you how and why anxiety develops, and what steps you can take to reduce—and even prevent—anxiety. Through self-assessment tools, breathing practices, visualization, mind-body regulation, and some yoga, you

- Identify your personal anxiety patterns (worry, fear, obsessive thinking, self-doubt, social phobia, avoidance, and more)
- Acquire strategies for reducing anxiety by cultivating positive replacements
- Design a stress-management program
- Map ones personal path to a vibrant life
- Learn to be more comfortable with uncertainty, ambiguity, and unpredictability.

Learn to counteract the key sources of your anxiety and create new neural pathways toward positive states of being.

•

The target professional audience is for introductory to advanced mental health professionals, and others, interested in the topic for improving their effectiveness when working with anxious clients.

The workshop is appropriate for psychologists and other mental health professionals of all levels of experience who work in clinical settings. Risks and benefits of the interventions to be explored will be stated based on empirical and anecdotal evidence.

The program focuses on both diagnosis and interventions for key anxiety disorders. The diagnostic criteria will be based on the current edition of the peer-reviewed, internationally used Diagnostic and Statistical Manual of Mental Disorders-Fifth Edition (DSM-5). Interventions to be explored will be based on contemporary peer-reviewed scientific literature.

Schedule

Friday, May 29, 2020

5:30pm-7:00pm – Dinner

7:30pm–9:00pm – Program Session

- Workshop Overview
- Three-Ingredients framework for understanding anxiety
- Key forms of anxiety
- Behavioral health recommendations
- (participants leave this session with a self-evaluation tool for assessing their “Anxiety Personality Traits”)

Learning Objectives:

1. Summarize how anxiety develops using the “three ingredients framework”
2. Discuss three behavioral health practices for reducing anxiety

Saturday, May 30, 2020

7:00am-8:30am – Breakfast

8:30am–10:00am – Program Session

- Relaxation and self-regulation skills
- Strategies for worry (generalized anxiety disorder)

Learning Objectives:

1. Describe two relaxation practices for counteracting anxiety
2. Name 3 strategies for replacing worry with positive alternatives

10:00am-10:15am – Break

10:15am-11:30am – Program Session

- Strategies for panic disorder

Learning Objectives:

1. Describe the Floating Technique for panic anxiety

11:30am-1:30pm - Lunch

1:45pm–3:45pm – Program Session

- Strategies for obsessive-compulsive disorder (OCD)
- Strategies for phobias

Learning Objectives:

1. Describe the relationship between obsessions and compulsions
2. Summarize Exposure and Response Prevention for OCD
3. Identify one virtual reality strategy for a specific phobia

5:30pm-7:00pm – Dinner

Sunday, May 31, 2020

7:00am-8:30am – Breakfast

9:00am–11:00am – Program Session

- Strategies for stressor-and trauma-related disorders
Learning Objectives:
 1. Explain how stress and trauma effect the human body
 2. Name two practices that can help heal post-trauma anxiety symptoms

11:30am-1:30pm – Lunch

Presenter(s) Bio

Paul Foxman is founder and director of the Vermont Center for Anxiety Care, a private psychology practice and therapist training center in Burlington, Vermont. He has more than 40 years of experience as a psychologist in a variety of settings and is the best-selling author of Dancing with Fear, The Worried Child, and The Clinician's Guide to Anxiety in Kids and Teens. He is also coauthor of the *Conquering Panic and Anxiety Disorders* casebook. Paul travels internationally to teach on the topic of anxiety and stress, and he has appeared as an expert on radio and television. He has taught more 600 top-rated workshops during the past 25 years, and has delighted audiences in all 50 states and the Canadian provinces with his knowledge, clarity of thought, sense of humor, and interactive teaching style.

Learn more about this presenter's work:

- drfoxman.com

Program Costs and Registration

Please visit www.kripalu.org

Cancellation Policy

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Conflict of Interest/Commercial Support

There is no conflict of interest or commercial support for this program.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Certificate Issuance

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

Psychology – 8.25 CE Hours

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 8.25 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

Social Work – 8 CE Credits

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

Nursing – 9.9 CE Credits

Nursing Continuing Education Credits provided through Berkshire Area Health Education Center (AHEC). This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04.

Participants must have paid tuition fee and CE fee to Kripalu, signed in each day, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

For additional CE information, please visit <https://kripalu.org/content/continuing-education-credits>