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Dr. Stephanie Sarkis will assist you in shaping the 10 best-ever anxiety techniques to your needs and will discuss:

• **How to apply the techniques in difficult cases**

• **How these techniques apply to different age groups**

• **How these techniques can help with clients who have co-morbid diagnoses**

• **How to use these techniques with groups or individuals and in different types of psychological services: private practice, hospital units, classrooms, nursing facilities, etc.**

This fresh approach will give you a complete set of tools to work with anxiety symptoms. Cutting-edge research tells clinicians not only what is new, but also tells us why what we have done best over the years works to help clients achieve positive results in therapy. In this seminar, you will learn, practice and be ready to apply 10 techniques that really work to stop symptoms of panic, worry and social anxiety.

These 10 proven methods can control most symptoms of panic, generalized anxiety and social anxiety. Through in-seminar practice and discussing case vignettes to illustrate their applications—you can make them strong, effective and lasting interventions. Methods that control physiology: diaphragmatic breathing, reducing tension, and mindful awareness to offset panic or acute anxiety can be easy to learn but not simple to apply. We will discuss how to make them effective with different age groups and difficult clients to obtain the best results for calming panic and dread. Likewise, controlling the cognitive problems of anxiety, such as catastrophizing or ruminatively worrying, challenge most with anxiety. Learn powerful techniques that cool off worry, and challenge faulty cognitions - the obstacles to improving panic and social anxiety. You can help your clients identify and change the ways they avoid their social anxiety. Case examples will clarify planned re-entry to triggering situations, handling the stress of preparation and conducting 'in vivo exposure'.

Speaker

Stephanie Moulton Sarkis, Ph.D., NCC, LMHC, is National Certified Counselor and Licensed Mental Health Counselor. She is an American Mental Health Counselors Association Diplomate and Clinical Mental Health Specialist in Child and Adolescent Counseling. She is the president of Sarkis Institute, which specializes in treatment of anxiety, ADHD and chronic pain disorders. Dr. Sarkis is a blogger for Psychology Today and The Huffington Post. Dr. Sarkis is a member of the Anxiety and Depression Association of America.

She is the bestselling author of five books: 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction & Accomplish Your Goals; Natural Relief for Adult ADHD: Complementary Strategies for Increasing Focus, Attention, and Motivation With or Without Medication; Adult ADD: A Guide for the Newly Diagnosed; ADD and Your Money: A Guide to Personal Finance for Adults with Attention Deficit Disorder; and Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder.

Dr. Sarkis has been published numerous times, including in the Journal of Attention Disorders, the National Psychologist, and The ADHD Report. She has presented at numerous venues, including ACA, CHADD, ICP, and PESI. She has made several media appearances, including CNN, ABC News, Fox News, Sirius Satellite Radio, Woman's Day, and First Business Television. Dr. Sarkis is featured in the book The Gift of Adult ADD By Lara Honos-Webb, Ph.D. Dr. Sarkis created the Moulton-Farnsworth Scholarship for college students with ADHD. She maintains a private practice in Tampa, Florida and you can learn more about her at www.stephaniesarkis.com

Speaker Disclosures:

Financial: Stephanie Sarkis has books published by New Harbinger Publications and receives royalties. She writes blogs for Psychology Today and Huffington Post. She receives a speaking honorarium from PESI, Inc.
Non-financial: Stephanie Sarkis is on the Professional Advisory Board of Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD).

Target Audience: Social Workers • Psychologists • Counselors • Teachers • School Administrators
Occupational Therapists • Speech-Language Pathologists • Marriage and Family Therapists • Case Managers
Addiction Counselors Therapists • Nurses • Other Mental Health Professionals

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Jon Olstadt** at jolstadt@pesi.com or call 715-855-5215.



SAVE by including these products with seminar registration

The 10 Best-Ever Anxiety Management Techniques

By Margaret Wehrenberg, Psy. D.

Addressing physical, emotional, and behavioral symptoms, Margaret Wehrenberg, a leading mental health clinician, draws on basic brain science to highlight the top ten anxiety-defeating tips. Everything from breathing techniques and mindful awareness to cognitive control and self-talk are included—all guaranteed to evict your anxious thoughts.

The 10 Best-Ever Anxiety Management Techniques Workbook

By Margaret Wehrenberg, Psy. D.

Brimming with exercises, worksheets, tips, and tools, this how-to workbook is the much-anticipated companion to Wehrenberg's popular The 10 Best-Ever Anxiety Management Techniques. Step-by-step exercises on developing and implementing counter-cognitions, mindfulness meditation, thought-stopping and thought-replacement, "breathing minutes," demand delays, cued relaxation, affirmations, and much more.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Questions? Call customer service at **800-844-8260**

★ **Satisfaction 100% Guaranteed** ★

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

MONTANA EDUCATORS: This program is offered for 6.0 Renewal Units. PESI, Inc. is an Approved Renewal Unit Provider with the Montana Office of Public Instruction.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



APPROVED PROVIDER
ASHA
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EDUCATION
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION
PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



MONTANA SOCIAL WORKERS/COUNSELORS/MFT: An application has been submitted to the Montana Board of Social Work Examiners, Professional Counselors, Marriage and Family Therapists (SWP). Credit is pending.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

THE TEN BEST-EVER ANXIETY TREATMENT TECHNIQUES

ONLINE
pesi.com/express/56521

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI
PO BOX 1000
Eau Claire, WI
54702-1000

2 Check location:
(make copy of locations)

☐ **MISSOULA, MT**
September 11, 2017 56521MIS
Holiday Inn Downtown
200 S Pattee St • 59802
(406) 721-8550

☐ **BOZEMAN, MT**
September 12, 2017 56521BZM
Holiday Inn Express & Suites Bozeman West
2305 Catron Street • 59718
(406) 582-4995

☐ **BILLINGS, MT**
September 13, 2017 56521BIL
Radisson Hotel Billings
5500 Midland Rd • 59101
(406) 248-7701

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ADA needs:
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.
Tuition Options:
\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
Groups of 5 or more: Call 800-844-8260 for discounts.
Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**
Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.
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3 Check tuition:

Tuition with seminar manual

\$199.99 – choose one of the options below:

☐ per person for 2 or more preregistering together —OR—

☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$219.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

☐ **\$19.95*** *The 10 Best-Ever Anxiety Management Techniques* book

☐ **\$19.95*** *The 10 Best-Ever Anxiety Management Techniques Workbook*

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

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CAN'T ATTEND THE SEMINAR?
See below for individual product orders

The Ten Best-Ever Anxiety Treatment Techniques

___ Seminar on DVD* (video) \$199.99 (RNV012570)

___ Seminar on CD* (audio) \$169.99 (RNA012570)

___ **The 10 Best-Ever Anxiety Management Techniques** book*
\$19.95 (SAM042895)

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