

**Beyond Calming Down:
Experiential Strategies for Managing Anxiety**
Lynn Lyons, LICSW

Schedule

9:00 -10:30

- The principles of a process-oriented approach
- Identifying cognitive and behavioral patterns of anxiety
- Establishing the treatment target

10:45 -12:30

- Incorporating the treatment target
- The trouble with symptomatic elimination strategies
- The overlap of anxiety and depression

1:30 – 3:00

- Creating interventions and homework assignments
- Exposure Plus and Relaxation Plus
- Case examples and group exercises

3:15 -5:00

- Specific strategies for insomnia, headaches, and other physical issues
- Questions and wrap up

Learning Objectives

Participants will be able to:

1. Describe at least three possible therapeutic targets for anxious clients.
2. Create three homework assignments that help identify and activate needed skills in anxiety sufferers, for example compartmentalization, tolerating uncertainty, and exposure practice.
3. List two benefit of focusing on process over content when creating experiential interventions.
4. Explain the potential limits of focusing on symptom elimination when doing working with anxious children and adults.
5. Describe the connection between anxiety and depression.

Teaching methods:

Video, lecture, group exercises

References

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