



Scared STIFF: Fast, Effective Treatment for Anxiety Disorders

Presented By

David D. Burns, M.D.

Objectives - To increase participants' ability to:

- **Track** therapeutic progress and monitor the therapeutic alliance
- **Implement** the five steps in Agenda Setting
- **Develop** creative, powerful, individualized treatment plans that target each patient's unique problems
- **Integrate** the Cognitive, Behavioral and Hidden Emotion

- Models in the treatment of a wide range of anxiety disorders
- **Select** the most effective interventions for each anxiety disorder

Audio -Tapes or CD's - approximately 13.5 hours

1 Three Treatment Models for Anxiety Disorders

- The Cognitive Model: I THINK, therefore I FEAR
- The Behavioral Model: from the *Tibetan Book of the Dead*
- The Hidden Emotion Model: Peeking Under the Carpet

2 Measurement: Exciting Implications

- Do you REALLY know how your patients feel? How they feel about you? Do you want to know?
- How to Track Progress on a Session-by-Session Basis
- How to Monitor the Therapeutic Alliance

3 Join the A-TEAM

Therapeutic Empathy

- Does it *Really* Make a Difference?

Agenda Setting: The KEY to Successful Treatment

- The Eight Types of Therapeutic Resistance

4 Clinical Example

- The Man Who Was Afraid To Flirt

5 Live Demonstration: Public Speaking Anxiety

6 The Cognitive Model

- Truth-Based Techniques
- Compassion-Based Techniques
- Uncovering Techniques
- Motivational Techniques
- Quantitative Techniques

7 The Cognitive Model - Continued

- Visual Imaging Techniques
- Humor-Based Techniques
- Role-Playing Techniques
- Spiritual Techniques

8 The Hidden Emotion Model

Innovations in Exposure Therapy

- Classical Exposure
- Cognitive Exposure
- Interpersonal Exposure
- Virtual Reality Exposure

9 Treatment Algorithms

Getting Better vs. Feeling Better: Relapse Prevention

David D. Burns, M.D.

Dr. Burns graduated magna cum laude from Amherst College, received his M.D. from Stanford University School of Medicine, and completed his psychiatry residency at the University of Pennsylvania School of Medicine. He has served as Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center (1988) and Visiting Scholar at the Harvard Medical School (1998).

Dr. Burns is currently Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, where he is actively involved in research and teaching. The graduating residents at Stanford University School of Medicine have named him **Teacher of the Year** three times.

Dr. Burns has received numerous awards, including the Distinguished Contribution to Psychology through the Media Award from the Association of Applied and Preventive Psychology (1995).

In addition to his academic writings, Dr. Burns has written a number of popular consumer books on mood and relationship problems. His best-selling book, *Feeling Good: The New Mood Therapy*, has sold over 4 million copies worldwide.

When he is not crunching statistics for his research at Stanford, he can be found giving workshops for mental health professionals throughout the United States and Canada

Dr. Burns presented for J&K Seminars in 2005 (on a different topic) and was very well received.

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