



The Mindful Way Through Anxiety

Presented by

Susan M. Orsillo, Ph.D.

Acceptance Based Behavior Therapies (ABBT) integrate traditional cognitive-behavioral strategies with practices aimed at cultivating acceptance and promoting engagement in personally meaningful activities. These approaches effectively reduce symptoms and enhance quality of life for clients suffering from a wide range of clinical disorders.

In this workshop, Dr. Orsillo will:

- Demonstrate how to formulate a case from this perspective
- Present strategies aimed at increasing awareness and acceptance
- Describe methods used to help clients clarify what matters to them personally and take consistent actions

Objectives: Participants will be able to describe:

- The empirical basis of Acceptance-Based Behavior Therapies (ABTT)
- Assessment strategies that identify experiential avoidance and values inaction
- How to calculate a time-in-bed prescription
- How to conceptualize a case from an ABBT perspective
- How to formulate an ABBT treatment plan

- Methods of using psycho-education to help clients change their relationship to their internal experiences (thoughts, emotions, sensations)
- Self-monitoring strategies to enhance awareness
- How to distinguish clear and muddy emotions
- The use of formal and informal mindfulness
- Methods used to help clients clarify and articulate their personally held values

12 hours CE Credits (Social Workers Receive 11 CE Credits)

An Overview of the ABBT Model

- Why enhance current treatments for anxiety?
- Overview of the ABBT Model
- Empirical Support

Assessment & Case Conceptualization

- Strategies aimed at cultivating an acceptance stance
- Therapeutic Relationship
- Psycho-education

Cultivating An Acceptance Stance With Formal Mindfulness

- Overview of mindfulness
- Introduction to formal practices

Additional Acceptance Strategies

- Connecting formal practice to symptoms
- Addressing stuck points

- Informal practice
- Diffusion strategies

Defining Personal Values

- Values articulation
- Psycho-education

Values Clarification & Articulation

- Common themes in values writing
- Sorting out values in session

Bringing It All Together

- Willingness and making commitments
- Termination

Case Examples

- Common stuck points
- Q & A

Susan M. Orsillo Ph.D.

Dr. Susan M. Orsillo is Professor of Psychology at Suffolk University in Boston, MA and the past Director of Clinical Training for the doctoral program in clinical psychology.

Along with Dr. Lizabeth Roemer, and with support from National Institute of Mental Health, she has spent the past 15 years developing and examining the efficacy of Acceptance-Based Behavior Therapies (ABBT) for generalized anxiety and comorbid disorders. ABBT for Generalized Anxiety Disorder is now included in Substance Abuse & Mental Health Services

Administration (SAMHSA) National Registry of Evidence-Based Programs and Practices. More information on this approach, of mindfulness practices, can be found at www.mindfulwaythroughanxietybook.com

Dr. Orsillo is author or co-author of over 100 articles and chapters and 3 books. In addition to training therapists as part of her academic position, Dr. Orsillo regularly conducts training workshops around the country and throughout the world, and her work has been featured in Elle Magazine, the Shambhala Sun, FIRST for Women Magazine, Women's World Magazine, and on Oprah.com

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Available for an additional fee - See Exam Enclosed