



# ***Smashing Social Anxiety: Shame Attacking and Beyond!***

## ***Presented by***

# **David Burns, M.D.**

**Overview** Most human beings, including the vast majority of mental health professionals, struggle with at least one of the common forms of social anxiety, including: shyness; public speaking; anxiety; test anxiety; performance anxiety; and shy bladder /bowel syndrome. In this workshop, Dr Burns illustrates many powerful techniques to heal social anxiety patients. This course teaches how to: diagnose social anxiety quickly and accurately; assess session-by-session progress and track therapeutic empathy; develop world class empathy skills and find out how your patients see you!

Dr Burns teaches how to reduce patient resistance to Interpersonal Exposure with techniques such as: Dangling the Carrot, the Gentle Ultimatum, and Sitting with Open Hands. Learn how to identify the distorted thoughts that trigger social anxiety; smash those thoughts with cognitive therapy techniques; pinpoint and modify the self-defeating beliefs that trigger social anxiety and learn how to use mind-blowing interpersonal exposure techniques

### **Objectives: Participants will be able to:**

- **Assess** patient progress within and between sessions
- **Track** the therapeutic alliance at every session
- **Reduce** the resistance that often sabotages the treatment of social anxiety
- **Individualize** the treatment for every patient
- **Identify** your patient’s fears

#### **Session One (1:34)**

##### **Basics of TEAM-CBT**

- T = Testing
- E = Empathy
- A = Assessment of Resistance
- M = Method

#### **Session Two (1:27)**

- Daily Mood Log
- Recovery Circle
- Smashing Negative Thoughts

#### **Session Three (1:34)**

##### **Interpersonal Exposure Techniques**

- Smile and Hello Practice
- Rejection Practice
- Flirting Training

#### **Session Four (1:39)**

- Shame Attacking Exercises
- Survey Technique
- Self-Disclosure
- Feared Fantasy

#### **Session Five (2:30)**

##### **Live Demonstration of TEAM-CBT for Social Anxiety**

**David Burns M.D.** is an Adjunct Clinical Professor Emeritus of Psychiatry at Stanford Medical School, and has served as visiting scholar at the Harvard Medical School. He is author of the phenomenally successful *Feeling Good: The New Mood Therapy* (> 5 million sold) and host of the popular *Feeling Good Podcast* (> 6 million downloads).

Dr. Burns was a pioneer in the development of CBT (Cognitive Behavior Therapy) and is the founder of the new TEAM-CBT, which is featured in his latest book, *Feeling Great*. He has received numerous awards for his research and teaching, including the prestigious A. E. Bennet award for his research on the now-defunct “chemical imbalance” theory of depression.

More than 50,000 mental health professionals have attended his training programs throughout the United States and Canada.

He is currently working on a *Feeling Good App* which outperform human therapists as well as antidepressant medications in the treatment of depression, anxiety, and anger.

### **8.5 CE Hours for Psychologists Counselors Social Workers MFT**

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Practice Level—Intermediate

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## Practice Level –Intermediate

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