



Treating Fear & Anxiety

Problem-Specific Approaches

Presented by

Martin M. Antony, Ph.D., ABPP

Thursday & Friday, May 6 & 7, 2021

LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET each day

Overview: This Webinar provides training in evidence-based strategies for treating a wide range of anxiety and related disorders. Dr. Antony will emphasize the importance of case formulation and core treatment principles that cut across anxiety-based problems, including obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder, social anxiety disorder, generalized anxiety disorder, specific phobias, health anxiety, and related problems. Although the focus will be mostly on adults, the program will include suggestions for adapting treatment for children and adolescents.

You will learn about the diagnostic features of anxiety and related disorders, factors that contribute to the onset and maintenance, and effective cognitive and behavioral methods for overcoming anxiety (e.g., cognitive strategies, imagery-based approaches, exposure-based techniques, relaxation-based treatments, mindfulness and acceptance-based strategies). Dr. Antony will also review medication treatments, strategies for dealing with treatment resistance, and strategies for dealing with complex cases and comorbidity.

Objectives

Participants will be able to describe:

- Diagnostic features of anxiety and related disorders in DSM-5
- Effective cognitive approaches for managing anxiety and related disorders
- Exposure-based techniques
- Mindfulness and acceptance-based treatments for anxiety
- Strategies for managing noncompliance
- How to adapt treatment for particular anxiety presentations

Martin M. Antony, Ph.D., ABPP is a professor in the Dept. of Psychology at Ryerson University and provincial clinical lead for the Ontario Structured Psychotherapy Program. Previously, he was founding director of both the Anxiety Treatment and Research Clinic and the Psychology Residency Program at St. Joseph's Healthcare Hamilton. He is a fellow of the Royal Society of Canada, and a past president of the Association for Behavioral and Cognitive Therapies and the Canadian Psychological Association.

He has published 32 books and over 300 scientific articles and chapters in areas related to cognitive behavior therapy and anxiety-related disorders. He has given more than 425 presentations to audiences across four continents, and has been interviewed, featured, or quoted more than 450 times in various print, radio, television, and online media outlets, including *CBC*, *CNN*, *Globe and Mail*, *National Post*, *Toronto Star*, *New York Times*, *Washington Post*, *Scientific American Mind*, and many others.

Agenda

Thursday, May 6

9 a.m. The Anxiety Spectrum - CBT Models
Evidence- Based Treatments

10:25-10:40 Break

10:40 Pharmacological, Complementary and Alternative
Treatments

12:15 p.m. Lunch Break

1 pm CBT for Anxiety - Cognitive Strategies

2:25-2:40 Break

2:40 Exposure Based Treatments

4:15 Adjournment

Friday, May 7

9 a.m. Mindfulness and Acceptance Based Approaches -
Case Formulations - Treatment Planning -
Transdiagnostic Approaches

10:25-10:40 Break

10:40 Panic - Agoraphobia - Social Anxiety

12:15 p.m. Lunch Break

1 pm Obsessive-Compulsive Disorders
Health Anxiety

2:25-2:40 Break

2:40 Generalized Anxiety Disorders
Posttraumatic Stress Disorders

4:15 Adjournment



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Individual Early Registration (received by March 26)	\$275 per person
Two or more together at the same time (by March 26)	\$255 per person
Regular Registration (March 27– April 30)	\$295 per person
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