



Smashing Social Anxiety: Shame Attacking and Beyond!

Presented by

David Burns, M.D.

Friday, July 14, 2023

LIVE INTERACTIVE WEBINAR 9 a.m. - 8 p.m. with breaks ET

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
- Shy Bladder / Bowel Syndrome

I've had them all, and more! That's why I LOVE treating social anxiety. Whatever the patient has, I can say, "I know from personal experience how awful that is. And what a joy it's going to show you how to defeat your fears!"

In this workshop, I will illustrate many powerful techniques to heal your social anxiety patients (and yourself). You'll learn how to

- Diagnose social anxiety quickly and accurately
- Assess session-by-session progress and track therapeutic empathy
- Develop world class empathy skills and how to find out how your patients see you!
- Reduce patient resistance to Interpersonal Exposure Techniques with Dangling the Carrot, the Gentle Ultimatum, and Sitting with Open Hands.
- Identify the distorted thoughts that trigger social anxiety.
- Smash those thoughts with powerful cognitive therapy techniques like the Downward Arrow, the What-If Technique, the Double Standard, the Cost-Benefit Analysis, the Externalization of Voices, Reattribution, the Hidden Emotion Technique, and more.
- Pinpoint and modify the Self-Defeating Beliefs that trigger social anxiety, such as
 - The Spotlight Fallacy
 - The Brushfire Fallacy
 - The Approval Addiction
 - The Love Addiction

You will also learn how to use mind-blowing Interpersonal Exposure Techniques such as

- Smile and Hello Practice
- Talk Show Host
- Flirting Training
- Rejection Practice
- Self-Disclosure
- Survey Technique
- Shame-Attacking Exercises
- Feared Fantasy
- And much more

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

David Burns, MD

David Burns, MD 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.

AGENDA - July 14, 2023

9 a.m.

Basics of TEAM-CBT

T = Testing

E = Empathy

A = Assessment of Resistance

M = Method

10:30 Break

10:45 p.m.

Daily Mood Log

Recovery Circle

Smashing Negative Thoughts

12:15 Lunch Break

1:00 Interpersonal Exposure Techniques

Smile and Hello Practice

Rejection Practice

Flirting Training

2:30 Break—2:45 p.m.

Shame Attacking Exercises

Survey Technique

Self-Disclosure

Feared Fantasy

4:15 Dinner Break

5:30 p.m.

Live Demonstration of TEAM-CBT for Social Anxiety

8 p.m. End

Audience - Human Service Professionals

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- drug & alcohol
- counselors
- marriage & family therapists
- music therapists
- case managers
- occupational therapists
- rehabilitation counselors
- graduate students

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Practice Level –Intermediate

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- *ACE individual course approval meets the **NJ Board of Social Work Examiners** requirements for individual course approval pursuant to NJ Code 13:44G-6.4.16*
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- ***Pennsylvania Department of Education – Act 48** approved for (8.5 hours)*
- ***Pennsylvania Certification Board** (8.5 hours)*
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