

REGISTRATION FORM - Friday, May 8, 2020

Holiday Inn Elmira-Riverview

RATES: Prices include continuing education credits (see CE section for details), ample free parking, all day coffee bar, buffet luncheon, and afternoon cookies.

\$127.....Early Registration (postmarked by 5/1/2020)

\$137.....Regular Registration (after 5/12/2020)

Group Rate (3 or more in same envelope who are not already receiving a student discount) deduct **\$5** per person

Student Rate \$117 - *must* include copy of a current college ID (student rates cannot receive the additional group discount)

REFUND POLICY:

Full refunds will be given up until May 1, 2020. A \$25 administrative fee will be taken from refunds requested May 2-7, 2020. Refunds will NOT be issued for registrants who fail to show on the day of the workshop without any prior notification to the Family Service Society Professional Training Institute.

Name: _____

New York requires that we include a license number on the attendance certificates for the following disciplines. Please indicate if you need continuing education for:

___LCAT(NY) ___LMFT(NY) ___LMHC(NY)

___LMSW(NY) ___LCSW(NY)

NY License # (if applicable): _____

Employer: _____
(Your name & employer will appear on your name tag)

Address: _____

City, State, Zip: _____

Work Phone: _____

Home/Cell Phone: _____
(in case we need to contact you at the last minute)

Email Address: _____

Payment Options: Check (made payable to Family Service Society, Inc.), Money Order, Purchase Order, Voucher, or Visa/MasterCard.

FOR CREDIT CARD REGISTRATIONS

Credit Card Type: ___Visa ___Master Card

TOTAL CHARGE AMOUNT: \$ _____ Exp. Date: _____

Card Holder's Name: _____

Card #: _____

Signature: _____

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Syracuse, NY

Professional Training Institute
Family Service Society, Inc.
280 Princeton Ave. Ext.
Corning NY 14830

RETURN SERVICE REQUESTED



The FSS Professional Training Institute presents:

Worry, Panic, and Phobias: Effective Strategies to Calm Anxiety



**Presenter:
Jennifer L. Abel, Ph.D.**

Friday May 8, 2020

9:00 am - 4:00 pm

**Holiday Inn Elmira-Riverview
760 E. Water St., Elmira, NY 14901**

Send Registration Form & Payment to:
FSS Professional Training Institute
280 Princeton Ave. Ext.
Corning, New York 14830
or
Register online at www.familyservicesociety.org

ABOUT OUR TRAINING

Do you want to gain powerful techniques for your clients who struggle with treatment resistant anxiety, worry and panic? Learn how to assess anxious habits, symptoms and behaviors using effective cutting-edge, evidence-based strategies...even with your toughest clients!

Dr. Jennifer Abel will teach you how to stop the anxiety spiral early to significantly reduce the habit of worry and panic using self-controlled desensitization. Experience how evidence-based treatments can help your clients problem solve, reduce tension, and increase energy. Learn unique, effective approaches to mindfulness, cognitive therapy, and exposure, including thought-labeling, interoceptive exposure, and better-but believable thoughts. Case studies, role plays, demonstrations and interactive discussions will be utilized in this cutting-edge training.

Learning Objectives

At the completion of the training, the participant will be able to:

- Articulate components of the “anxiety spiral” and utilize several evidence-based strategies (including self-controlled desensitization) to prevent exacerbation of symptoms.
- Specify five potential anxiety treatment pitfalls and learn evidence-based approaches to avoid or correct them.
- Implement four mindfulness strategies for treating anxiety symptoms in a clinical setting.
- Evaluate the inverse relationship between worry and problem solving, and identify its implications for treatment of anxiety.
- Examine the clinical presentation of panic, worry and fear of guilt and how they compare to Obsessive Compulsive Disorder; learn clinical strategies to stop these cycles of negative reinforcement.

WORKSHOP SCHEDULE

The registration table opens at 7:45 am.
The workshop runs from 9:00am-4:00pm with a buffet luncheon (included in your registration fee) from 12:00pm-1:00pm.

ABOUT OUR PRESENTER



Jennifer L. Abel, Ph.D., international speaker, author and clinical psychologist, has specialized in the treatment of anxiety disorders for over 20 years. Before opening a private practice, she served as the associate director of the Stress and Anxiety Disorders Institute at Penn State under the direction of the leading expert in Generalized Anxiety Disorder (GAD), T.D. Borkovec.

Her first book, *Active Relaxation* has received outstanding reviews from mental health care professionals and anxious readers alike. Her second book, *Resistant Anxiety, Worry, and Panic: 86 Practical Treatment Strategies for Clinicians* has received praise from top experts in anxiety management. Jennifer is also the author of *The Anxiety, Worry & Depression Workbook: 65 Exercises, Worksheets & Tips to Improve Mood and Feel Better* and the *Melt Worry and Relax Card Deck: 56 CBT & Mindfulness Strategies to Release Anxiety*.

Dr. Abel has published many articles in professional journals and wrote a pamphlet about GAD for ABCT. She has been quoted by several popular magazines (e.g., *Health, Prevention, Glamour*) for her expertise in Worry. Dr. Abel presents to the public (e.g., Working Women’s Survival Show), as well as professionals (e.g., Australian Psychological Society; Anxiety Disorder Association of America).

QUESTIONS OR CONCERNS

If you have questions, please contact Janalee Orfanides, Training Institute Coordinator, by email at orfanidesj@familyservicesociety.org or by phone at 607-962-3148.

CONTINUING EDUCATION INFORMATION

This workshop is approved to provide 6.0 hours of continuing education for:

NY State Licensed Creative Arts Therapists

Family Service Society, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0022.

NY State Licensed Marriage & Family Therapists

Family Service Society, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0033

NY State Licensed Mental Health Counselors

Family Service Society, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0058.

NY State Board for Social Work

Family Service Society, Inc., SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0071.

NBCC

Family Service Society, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP #5930. Programs that do not qualify for NBCC credit are clearly identified. Family Service Society, Inc. is solely responsible for all aspects of the programs.

OASAS

Family Service Society, Inc. is a New York State OASAS-approved education and training provider (Provider #0290).

Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors

The State Board of Social Workers, Marriage and Family Therapists and Professional Counselors recognizes Family Service Society (as a sponsor approved by the National Board of Certified Counselors NBCC - #5930), to be a pre-approved provider of continuing education programs for Social Workers (Sec. 47.36), Marriage and Family Therapist (Sec. 48.36), and Professional Counselors (Section 49.36).

**PLEASE VISIT OUR WEBSITE AT
WWW.FAMILYSERVICESOCIETY.ORG
FOR A COMPLETE LISTING OF
UPCOMING TRAININGS**

