

Evidence-Based Treatments for Anxiety Disorders

Anxiety Disorders are the most common form of mental illness, with roughly one-third of all people living in the United States suffering from an anxiety disorder at some point in their lives. Moreover, untreated anxiety disorders come at a tremendous cost both individually and societally, and can adversely impact a person's health, social relationships, job performance, and much more. Thankfully, effective treatments are available that can alleviate a person's suffering in powerful ways.

But with a wide range of treatments available, clinicians can often feel overwhelmed knowing when and how to incorporate approaches like cognitive restructuring, exposure-based strategies, breathing retraining, and more. In this seminar, join Dr. Jonah Paquette for a practical overview of how we can effectively treat a range of anxiety disorders. Attendees will gain tangible skills that they can begin using in their clinical work starting today.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Explain key features of common anxiety disorders
2. Describe evidence-based treatments for Social Anxiety Disorder, Generalized Anxiety Disorder, and other common forms of anxiety disorders
3. Utilize exposure-based treatment approaches for anxiety disorders
4. Discuss various treatment approaches for PTSD and their strengths and weaknesses
5. Explain models for the development and maintenance of anxiety

Seminar Schedule

Begin 12 PM EST and end 7:00 PM, with 15 minute breaks at 1:30 and 5:30, and a 30 minute lunch break at 4 PM

Outline

Begin 12 PM ET

A review of common anxiety disorders including Social Anxiety Disorder, GAD, Panic Disorder, and more
Factors that lead to the development and maintenance of anxiety disorders

Break 1:30-1:45 PM ET

Common treatment approaches for anxiety disorders including cognitive and behavioral therapies, mindfulness-based strategies, somatically-oriented treatments, lifestyle changes, and motivational interviewing

Lunch Break 4-4:30 PM ET

A deeper dive into cognitive-behavioral approaches for anxiety
Cognitive Restructuring
Exposure-based treatments

Break 5:30-5:45 PM ET

Similarities and differences in the treatment of various anxiety disorders
Applied positive psychotherapy approaches to complement traditional treatments

End 7 PM ET

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Continuing Education Credit

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The Presenter

Jonah Paquette, PsyD, is a licensed clinical psychologist, speaker, and author. He is the author of *Real Happiness: Proven Paths for Contentment, Peace, and Well-Being* (PESI Publishing, 2015), a research-based self-help book in which he distills the key findings in the fields of happiness, and offers user-friendly tools to achieve lasting well-being. His second book, *The Happiness Toolbox* (PESI Publishing, 2018), a research-based self-help workbook, provides easy-to-use handouts and worksheets designed to increase happiness and life satisfaction.

Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette's clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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tzkseminars, LLC
2110 South Eagle Road
P.O. Box 310
Newtown, Pa. 18940