

Treating Anxiety in a Post Pandemic World

The impact of the COVID-19 pandemic on people with anxiety disorders will be felt for a long time to come. Rates of new-onset anxiety rose dramatically, and factors such as long-covid introduced aspects to anxiety such as 'brain fog' and new-onset panic and anxiety. Additionally, 24/7 negative news and the lurking threat of new variants have created 'ambient anxiety' that fuels the vigilance and persistent worry that are hallmarks of anxiety disorders. The spread of confusing information on social media particularly affects adolescents' experience of anxiety and therapists can be watchful for 'contagious panic and anxiety'. For a time, isolation felt like safety, but now, as people, emerge from restrictions, 'cave syndrome' affects all ages, causing especially those with social anxiety to struggle with the new 're-entry anxiety'. In this session, Dr. Wehrenberg will focus on practical strategies that will help any client with anxiety to suffer less panic, to increase stress resilience, and to block worry (especially health anxiety). Join us and get new ideas to manage anxiety in a world where pandemics are real.

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. Identify three ways to Diminish the impact of the "ambient anxiety" that increases worry and panic
2. Describe the difference between Pandemic panic and Acute Anxiety
3. Name three ways to address the rumination that has been intensified by isolation and health anxiety
4. Identify interventions to decrease adolescents and young adults re-entry anxiety
5. Identify ways that CBT can help with loneliness.

Seminar Schedule

Typically begins at 10:00 PM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar sched-

Outline

Begin 10 AM ET
Pandemic-related symptoms
Loneliness
Substance abuse
Ambient anxiety
Rumination
Health Anxiety
Re-entry anxiety

Break 11:30-11:45 AM ET

Panic
Social re-entry
Social media
Practicing social skills
Ekman and Simon-Thomas CPR for flourishing
Laurie Santos on the work of happiness
What are you committing to?
Stoic philosophy meets positive psychology

End 1:15 PM ET

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Continuing Education Credit

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The Presenter

Margaret Wehrenberg, Psy.D., is a clinical psychologist, author, and international trainer. She is a practicing psychotherapist and coaches professionals for anxiety management. Margaret has been a trainer of therapists for 25 years, and she is a sought-after speaker for continuing education seminars, consistently getting the highest ratings from participants for her dynamic style and high-quality content.

A frequent contributor to the award-winning Psychotherapy Networker magazine, she also blogs on depression for Psychology Today. Audio and DVD versions of her trainings are available for obtaining CEU's. She has written 7 books on topics of anxiety and depression published by W.W. Norton, and a workbook, Stress Solutions, published by PESI. The 10 Best-Ever Anxiety Management Techniques and its accompanying workbook, consistent best-sellers, were released in revised editions in 2018.

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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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