



ILLINOIS PSYCHOLOGICAL ASSOCIATION

67 E. Madison, Suite 1817 Chicago Illinois 60603

Fax: 312/372-6787 Phone: 312/372-7610

www.IllinoisPsychology.org

Illinois Psychological Association 2016 Clinical Workshop Series Workshop #1 Worry, Panic and Anxiety March 11, 2016

The Illinois Psychological Association is sponsoring a series of 3 workshops in 2016. These workshops will provide training for psychologists wishing to develop their clinical knowledge and skills. The following information is about Workshop #1.

Location

Argosy University's Illinois School of Professional Psychology will support this program by hosting this series at their campus at **225 N. Michigan Ave.**, Suite 1300, Chicago. IL. (312-777-7600). This building requires preregistration and a picture ID to pass through security.

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, she/he should contact Marsha Karey by February 19, 2016 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Ms. Karey (312-372-7610 x201 or mkarey@illinoispsychology.org).

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

Time

This workshop is scheduled from **9:00 AM to 4:30 PM**. **Bagels and coffee** will be offered for breakfast. **Lunch** is on your own.

Parking

Argosy University does not have parking facilities; however, there are several

commercial parking lots close to campus. There is a Self-Park one block west of Michigan Avenue on Lake Street.

Continuing Education:

Each full day workshop offers **6.0 continuing education credits**. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

The IPA has been approved by The Illinois Social Work Continuing Education Committee for the Illinois Department of Professional Regulation to offer CE credit for social workers. #159-000291.

APA CE credits satisfy the continuing education requirements of Illinois Licensed Professional Counselors.

Cancellation Policy

No refunds will be offered for this workshop for cancellations after Tuesday, March 8, 2016.

Grievances about the workshop may be addressed to the Illinois Psychological Association in writing.

**Illinois Psychological Association
67 East Madison Street Suite 1817
Chicago, Illinois 60603**

The Workshop

***Friday March 11
Worry, Panic and Anxiety
Dave Carbonell, Ph.D. and Patrick McGrath, Ph.D.***

Learning Objectives:

1. Attendees can list 3 evidence based therapy techniques to treat anxiety disorders.
2. Attendees will be able to describe to their patients a rationale for using CBT and ERP to treat anxiety.
3. Attendees can explain to patients how to utilize effective change techniques.
4. Attendees will be able to teach patients anxiety tricks to avoid getting stuck and how to turn that around.
5. Attendees can demonstrate how to apply exposure techniques to worries as readily as to feared objects and activities.

Workshop Schedule

9 - 10:30 AM:	Workshop
10:30 - 10:45AM:	Break
10:45 - Noon:	Workshop
Noon - 1PM:	Lunch on your own
1 - 2:30 PM:	Workshop
2:30 - 2:45PM:	Break
2:45 - 4:30-PM:	Workshop

Speakers

Dave Carbonell, Ph.D., is a clinical psychologist who specializes in the treatment of fears and phobias. In 1990, he founded one of the first group practices in the country that was solely dedicated to the treatment of these conditions and continues that work today. He is the author of **Panic Attacks Workbook** (2004) and **The Worry Trick** (2016), and the “coach” at www.anxietycoach.com, a popular self help web site for people recovering from anxiety disorders. He received his Ph.D. from DePaul University in 1985, and is licensed as a psychologist in Illinois and New York. Dr. Carbonell has conducted professional training in the treatment of anxiety disorders for more than 7000 therapists in the United States and abroad. He is also the founding member of The Therapy Players, an improvisational comedy troupe of professional psychotherapists that performs at mental health conferences and other venues in and around Chicago.

Blackledge, John. 2015. **Cognitive Defusion in Practice**. Oakland, California: New Harbinger Publications.

Carbonell, David. 2004. **Panic Attacks Workbook: A Guided Program for Beating the Panic Trick**. Berkeley, California: Ulysses Press.

Carbonell, David. 2016. **The Worry Trick**. Oakland, California: New Harbinger Publications.

Harris, Russ. 2009. **ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy**. Oakland, California: New Harbinger Publications.

Seif, Martin, and Winston, Sally. 2014. **What Every Therapist Needs to Know about Anxiety Disorders**. New York: Routledge Press.

Dr. Patrick B. McGrath is the Director of the Center for Anxiety and Obsessive Compulsive Disorders Alexian Brothers Behavioral Health Hospital in Hoffman Estates, Illinois, and the future Director of their OCD Residential Program opening in winter of 2016. He is a member of the Scientific Advisory Board and the Conference Planning Committee of IOCDF, as well as the President of OCD Midwest, the official affiliate of IOCDF in the Midwest. He is the author of a stress management workbook called "Don't Try Harder, Try Different," as well as "The OCD Answer Book," and has been featured on radio and TV stations across the country, including National Public Radio and PBS. He was also featured on the Discovery Health Channel's Documentary "Anxious" and on three episodes of "Hoarding: Buried Alive" for The Learning Channel.

McGrath, P. B. (2006). Don't Try Harder, Try Different. Chicago, IL. Self-Published
McGrath, P. B., (2007). The OCD Answer Book. Sourcebooks. Naperville, IL.

Registration Form

There is no on-site registration.

Cost for IPA members: \$120

Non-Members \$145

Student Members \$100

Cancellation Policy: There is no refunds for cancellations of the Workshop after Tuesday, March 8, 2016.

Name: _____ Degree: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Registration Fee:

Paid: ☐ Check or ☐ Credit Card (Visa or MC) Total: _____

Credit Card Number: _____ Expiration Date: _____

Call the Illinois Psychological Association at 312-372-7610 x201 or email mkarey@illinoispsychology.org to register using your credit card. Call or email to confirm your registration. The IPA website - www.illinoispsychology.org has an online registration. You can also [mail](#) or [fax](#) your registration to the:

Illinois Psychological Association □
67 E. Madison, Suite 1817
Chicago, Illinois 60603
Phone 312-372-7610 x201 Fax 312-372-6787
www.illinoispsychology.org

This workshop is supported by



ILLINOIS SCHOOL OF
PROFESSIONAL PSYCHOLOGY®
AT ARGOSY UNIVERSITY |
CHICAGO