

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 Social Workers Counselors
Therapists Psychiatrists 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

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars 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 #0024.

tzkseminars 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 #0001.

tzkseminars 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 #0003.

tzkseminars 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 #0004.

tzkseminars 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 psychoanalysts #0002.

tzkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.

tzkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

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.

General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

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.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

Tzkseminars
103 East Bay View Drive
Annapolis, Md. 21403

