

TITLE IV-E COLLABORATIVE Presents

PESI: The New Face of Anxiety

Treating Anxiety Disorders in the Age of Texting, Social Media, and
24/7 Internet Access

Margaret Wehrenberg Psy.D.

Margaret Wehrenberg, Psy.D.

a licensed clinical psychologist, is the author of 6 books on the treatment of anxiety and depression, including her most recent book for the general public, *The 10 Best Anxiety Busters*. An expert on the treatment of anxiety and depression, she has extensive training and expertise in the neurobiology of psychological disorders. She earned her M.A. specializing in psychodrama and play therapy with children. Dr. Wehrenberg has years of experience as a drug and alcoholism counselor, working with the U.S. Army in Germany and Lutheran Social Services in Illinois. She also has training in trauma treatment, EMDR and Thought Field Therapy. She has a private psychotherapy practice in Naperville, IL, specializing in treating anxiety. In addition to clinical work, she coaches business professionals on managing anxiety, she frequently contributes articles for the *Psychotherapy Networker* magazine, and she has produced *Relaxation for Tension and Worry*, a CD for breathing, muscle relaxation and imagery to use with anxious clients. Her book *The 10 Best-Ever Anxiety Management Techniques*, published by W.W. Norton, is a consistent top seller for anxiety management. You can find her on the web at www.margaretwehrenberg.com.

Wednesday, November 18, 2020

8:00 AM to 4:00 PM
ONLINE Live Video Webcast

Registration ends by Wednesday, November 11

Program Description:

Attend this unique and engaging seminar to learn innovative ways to treat this new facet of anxiety with today's client. You'll discover: key questions to ask at assessment to uncover problematic use of technology; how excessive screen time effects mood, anxiety and self-worth in clients of all ages; tools to help clients regulate their emotions and make wise decisions (on and offline); innovative techniques for promoting healthy use of technology with clients; deliberate strategies for managing time, device use and "information overload".

Learning Objectives:

1. Evaluate the impact persistent "screen time" exposure can have on the neurobiological and psychological health of clients.
2. Implement strategies to effectively reduce excessive use of technology that leads to avoidance and increased anxiety.
3. Increase clients' capacity to utilize technology in a healthy manner to decrease risk of anxiety and other mental health symptoms.
4. Establish clinical practices that decrease rumination and build resilience to the stress of the digital world.
5. Teach clients five strategies for overcoming irrational fears of social interaction in order to improve clinical outcomes.
6. Implement cognitive-behavioral strategies for challenging distorted beliefs and the "comparison fallacy" as related to online interactions.

Eligible County Employees



For questions contact Staff Development & Training at Rianna.Garcia01@ssa.sccgov.org

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

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