



The Greater Philadelphia Society of Clinical Hypnosis

*A Component Section of the American Society of Clinical Hypnosis
and*

Ellen L. Wright., Ph.D.

Present

**The Taming Anxiety Toolbox: An Integrative Approach
Presented by: Carolyn Daitch PhD, L.P., FMPA, FASCH, CIRT**

DATE: March 24, 2024

**Time: 10 am – 1 pm EDT (see schedule below) 9:45 am login
3 CE Credits for Psychologists and ASCH Certification/Re-
certification
Zoom Webinar**

Workshop Description:

Anxiety destroys the normal enjoyment of life through the fear, worry, obsessive thinking and avoidant behavior that anxious people experience. Simple activities like going to the grocery store, taking a child to her first day of school, or meeting a friend for lunch trigger a barrage of frantic “what ifs.” This workshop will explore the subtleties of working with this pervasive category of disorders that affects an estimated 20% of the population.

Workshop participants will learn practical interventions that are applicable to the treatment of panic, generalized anxiety disorder, phobias, social anxiety disorder, and post-traumatic stress disorder.

In addition, health care providers with medical and dental specialties will learn approaches to address procedural anxiety, medical avoidance as well as strategies to address somatic responses. The presenter will introduce a powerful, integrative therapy model that combines hypnosis, mindfulness and cognitive behavioral therapy. These approaches work together to help patients feel more empowered when flooded with anxiety.

Outline of Program:

9:30 AM-10:00 AM	Registration, Sign-in, Zoom Housekeeping, Introductions
10:00 AM-10:15 AM	Understanding the Anxious Client
10:15 AM-11:00 AM	Introduction to the Integrative Model
11:00 AM-11:10 PM	Break
11:10 AM-12:00 PM	Breaking the cycle with hypnotic interventions, mindfulness
12:00 PM-12:45 PM	Applying the model to common clinical presentations
12:45 PM-1:00 PM	Q&A, Integration, Conclusion, Evaluation

Program Learning Objectives:

At the end of the program, participants will be able to:

1. Name the four inter-related components of anxiety
2. Describe two techniques for tolerating uncertainty
3. Identify two interventions that can help clients tolerate the physiological manifestations of panic

Presenter:

Dr. Carolyn Daitch is a fully licensed psychologist and the director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, Mich. Dr. Daitch is also a certified and approved consultant with the American Society of Clinical Hypnosis and a certified Imago Relationship therapist. She consults for the University of Michigan's program of Integrative Medicine and frequently presents to health professionals, as well as to medical students at the University of Michigan. Dr. Daitch draws on her 25 years of clinical experience as a hypnosis practitioner to present 32 hypnotic tools in her book, *Affect Regulation Toolbox*, a professional guide to practical focusing techniques.

Dr. Daitch received the President's award in 2006 from the American Society of Clinical Hypnosis in recognition of her clinical teaching and writing. She was recently presented the Crasilneck Award for extraordinary efforts as a leader, educator, and communicator by the American Society of Clinical Hypnosis.

References:

Daitch, C. (2018). Cognitive behavioral therapy, mindfulness, and hypnosis as treatment methods for generalized anxiety disorder. *American Journal of Clinical Hypnosis*, 61:1, 57-69.

Gold, S., Quiñones. M. (2020). Applicability of hypnosis to the treatment of complex PTSD and dissociation. *American Journal of Clinical Hypnosis*, 63:2, 78-94.
DOI: 10.1080/00029157.2020.1789546.

Robichaud, M. (2019). *Cognitive behavioral treatment for generalized anxiety disorder, 2nd edition*. New York, NY: Routledge.

Timko Olson, E., Hansen, M., Vermeesch, A. (2020). Mindfulness and shinrin-yoku: Potential for physiological and psychological interventions during uncertain times. *International Journal of Environmental Research and Public Health*. DOI:[10.3390/ijerph17249340](https://doi.org/10.3390/ijerph17249340).

Fees and Registration:

Registration is available ONLINE ONLY - Register online at the GPSCH website www.gpsch.org/events.

- GPSCH Members: \$100
- Non-Members: \$150
- Students/Residents/Interns: \$50
- CE Certificate \$15, paid separately:

Participants desiring **Psychology CE** credits will pay \$15 (\$5/credit) to Kristin Kopple, Ph.D., by check. Checks can be mailed to Dr. Kristin Kopple, 2123 Bainbridge Street, Philadelphia, PA 19146. Once the *payment* is received by Dr. Kopple **and** the *webinar evaluation* is received by GPSCH, the CE certificate will be processed and emailed to the participant.

Online Registration Deadline: Deadline for registration is 3/23/2024

Refund Policy: Requests for registration fee refunds must be received in writing (email) no later than midnight on the Friday before the webinar.

AUDIENCE/SKILL LEVEL: This program is intended for mental health professionals with a basic understanding of hypnosis and its related techniques.

CONTINUING EDUCATION CREDITS

This GPSCH webinar is sponsored by Dr. Ellen L. Wright. Ellen L. Wright, Ph.D., is approved by the American Psychological Association to sponsor **CONTINUING EDUCATION FOR PSYCHOLOGISTS**. Dr. Wright maintains responsibility for this program and its content. Certificates of completion for continuing education credits will be awarded to participants who attend **the entire program, complete the evaluation form and submit a certificate request form along with a check for \$15 (\$5 per CE credit obtained), mailed to Kristin Kopple, Ph.D. (See address above.)** This program meets requirements for **3 Credits** for psychologists.

This webinar also qualifies for ASCH certification/recertification credits. For further information, contact admin@gpsch.org.

Additional Information:

PLATFORM: ZOOM Webinar: Zoom link and login codes provided after paid registration.