

# Nebraska Psychological Association 2019 Spring Conference

*Co-sponsored by the Veterans Administration\**

## Innovations in Cognitive Behavioral Therapy for Anxiety and Suicide Prevention

Friday, May 10, 2019

Scott Conference Center  
6450 Pine Street, Omaha, NE

Remote internet streaming  
in **Scottsbluff**

John N. Harms Advance Technology Center  
2620 College Park



**Amy Wenzel, PhD, ABPP**

Owner of Wenzel Consulting, LLC, Clinical Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine, and adjunct faculty at the Beck Institute for Cognitive Behavior Therapy.

*Register online at:*

<https://www.regonline.com/NPA19Spring>

### **Continuing Education**

Participants attending this conference can receive 6 CEs for psychologists. This program also meets the criteria of an approved continuing education program for mental health practice. See last page for details.



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# Innovations in Cognitive Behavioral Therapy for Anxiety and Suicide Prevention

Dr. Wenzel will focus on the delivery of Contemporary Cognitive Behavioral Therapy (CBT), or the delivery of CBT that is influenced by the most up-to-date advances in relevant theory, research, and scholarship, as applied to anxious and suicidal clinical presentations.

Dr. Wenzel will open with a definition of Contemporary CBT and the advanced application of its components that have relevance to both anxious and suicidal clinical presentations. Next, she will discuss innovative CBT strategies for anxious clients, with a special focus on the application of the inhibitory learning framework for implementing exposure. Dr. Wenzel will also include a description of CBT for suicide prevention (Wenzel, Brown, & Beck, 2009), a protocol which has been shown to reduce the rate of suicide re-attempts in half by suicidal clients.

Finally, we will close with a consideration of contemporary approaches to acceptance, mindfulness, and relapse prevention and their application to anxious and suicidal clinical presentations.

## Learning Objectives

At the end of this presentation, participants at the workshop will be able to:

1. describe the core components of cognitive behavior therapy (CBT), including innovative cognitive case conceptualization for addressing anxiety
2. identify innovative methods of cognitive restructuring (e.g., the app MoodKit)
3. discuss components for breathing retraining and tips to increase effectiveness
4. list types of exposure-based interventions and methods to maximize effectiveness of response prevention techniques
5. describe risk assessment, safety planning, and innovative approaches for the early, middle, and late phases of working with suicidal clients
6. describe evidence-based suicide risk assessment scales
7. identify approaches that do not work in preventing suicide.

## Workshop Schedule

8:00 – 8:30	Registration (coffee, tea, juices, fruit, pastries)	2:30 – 2:45	Break
8:30 – 10:00	Advanced Fundamentals of CBT <ul style="list-style-type: none"><li>• Strategic aims of Contemporary CBT</li><li>• CBT interventions that apply to both anxious and suicidal clinical presentations</li></ul>	2:45 – 3:45	Continuation of CBT for suicide prevention; Advanced interventions that apply to both anxious and suicidal clinical presentations <ul style="list-style-type: none"><li>• Middle and late sessions CBT interventions for suicidal clients</li><li>• Acceptance and mindfulness applications</li><li>• Relapse prevention</li><li>• Future of CBT for anxiety and suicide prevention</li></ul>
10:00 – 10:15	Break		
10:15 – 11:45	CBT for anxiety <ul style="list-style-type: none"><li>• Special focus on the inhibitory learning framework for the delivery of exposure</li></ul>		
11:45 - 1:15	Lunch and NPA Business Meeting (Lunch included with registration)	3:45 – 4:30	Panel Discussion with Todd FLeischer, Ph.D., Veterans Affairs and David Miers, Ph.D., LIPC, Bryan Medical Center, Nebraska State Suicide Prevention Coalition
1:15 – 2:30	CBT for suicide prevention <ul style="list-style-type: none"><li>• Suicide risk assessment (focus on innovative, and modifiable risk factors)</li><li>• Safety planning</li></ul>		



**Amy Wenzel, Ph.D., ABPP**

Owner of Wenzel Consulting, LLC, Clinical Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine, and adjunct faculty at the Beck Institute for Cognitive Behavior Therapy. See full bio on back page.

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Register Online at: <https://www.regonline.com/NPA19Spring>

**Please register me for:**

**Omaha**

**Scottsbluff\***

NPA Members

\$165

\$145

General Registration/NonMembers

\$195

\$175

Interns, Graduate Students

\$30

\$30

NPA Business Meeting/Lunch ONLY

\$20

\*Internet streaming teleconference. Scottsbluff has on-site coordinator to manage handout materials, Q&A, and lunch. (Box lunch will be provided at the Scottsbluff location. Please advise below special dietary needs.) Please note all scheduled times listed are Central Standard Time! Please adjust for Mountain Time.

Name/Degree: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

**I am:**  Psychologist  Intern  Graduate Student  Other: \_\_\_\_\_  
(Please specify)

**Lunch RSVP:**

Yes – lunch at the Conference

No – lunch on my own

Please advise if you have special dietary needs, i.e. gluten free, nonfat, vegan:

\_\_\_\_\_

## Payment

Check # \_\_\_\_\_  VISA  Mastercard

Amount to Charge: \$ \_\_\_\_\_

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Make checks payable to:  
Nebraska Psychological Association

Send registration form with payment to:  
Nebraska Psychological Association  
P.O. Box 6785, Lincoln, NE 68506  
Fax: 877-355-9234

Written notification is required on or before May 6, 2019, for complete refund of registration fee.

Questions – Contact NPA at:  
[npa@nebpsych.org](mailto:npa@nebpsych.org) or  
402-475-0709 or 877-355-7934



## Innovations in Cognitive Behavioral Therapy for Anxiety and Suicide Prevention

**Amy Wenzel, Ph.D., ABPP**, is owner of Wenzel Consulting, LLC, Clinical Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine, and adjunct faculty at the Beck Institute for Cognitive Behavior Therapy. She is the author or editor of 20 books and over 100 peer-reviewed journal articles and book chapters, many of which are on cognitive behavioral therapy (CBT). Her research has been funded by the National Institutes of Health, the American Foundation for Suicide Prevention, and the National Alliance for Research on Schizophrenia and Depression (now Brain and Behavior Research Foundation). Dr. Wenzel is a certified trainer-consultant with the Academy of Cognitive Therapy and trains and supervises clinicians around the world who are developing competency in CBT. She has been featured in many video demonstrations filmed by the American Psychological Association.

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Complete refund of the registration fee will be distributed if cancellation occurs on or before May 6, 2019.

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or [npa@nebpsych.org](mailto:npa@nebpsych.org).



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