

Cognitive-Behavioral Therapy for Anxiety (and Related) Disorders in Adults

October 7, 2022 9:00 AM –4:30 PM (Central)

Live via Zoom

With expert presenter Justin Weeks, Ph.D.



Justin W. Weeks, Ph.D.



Description:

Dr. Weeks will review the over-arching tenets of cognitive-behavioral therapy (CBT) for **all of the major anxiety disorders** (social anxiety disorder, panic disorder, agoraphobia, generalized anxiety disorder, illness anxiety disorder, specific phobia) **and anxiety-related disorders** (e.g., obsessive-compulsive disorder, post-traumatic stress disorder) **in adults**.

Foci of the presentation will include diagnostic conceptualization of the anxiety and anxiety-related disorders, cognitive restructuring of negative automatic thoughts characteristic of the major anxiety and anxiety-related disorders, and exposure design/implementation.

Case examples will be provided. Diversity issues pertaining to anxiety disorders and anxiety-related disorders will be reviewed, including (but not limited to) relevant cultural syndromes (e.g., regarding social anxiety disorder: *taijin kyofusho*; regarding panic disorder: *ataque de nervios*; *khyal* attacks; *trúng gió* attacks).

Learning Objectives:

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

1. Appropriately conceptualize and accurately diagnose anxiety disorders and anxiety-related disorders.
2. Restructure negative automatic thoughts that typify anxiety disorders and anxiety-related disorders.
3. Design exposures that are appropriately tailored to anxiety patients' symptoms, and to effectively implement exposures. DSM-5 and the ICD-11.

Live Webinar Zoom Connection

You will receive an email with a link to finalize your registration with Zoom, and then a second email with your personal link to join the webinar.



*Register Online at: <https://www.nebpsych.org/event-4961991>

NPA Members: \$145
General/NonMember: \$175
Interns/Graduate Students: \$20

Justin Weeks, Ph.D. completed his graduate work at Temple University; and his predoctoral internship and postdoctoral fellowship at the Stress & Anxiety Disorders Clinic and Obsessive Compulsive Disorders Clinic at the University of Illinois at Chicago, College of Medicine, Department of Psychiatry. At Ohio University, Dr. Weeks worked as: an instructor teaching core courses in psychopathology and empirically-supported psychotherapies to clinical psychology graduate students, a clinical supervisor, a researcher, and the Director of the Center for Evaluation and Treatment of Anxiety (CETA). He served as the Guest Editor-in-Chief for a special issue of Cognitive Behaviour Therapy on social anxiety in 2012, was the Program Chair for the annual convention of the Association for Behavioral and Cognitive Therapies in 2013, was the Editor of the Wiley-Blackwell Handbook on Social Anxiety Disorder in 2014, and is currently an Associate Editor for the Journal of Social and Clinical Psychology. Dr. Weeks has authored 70 publications in peer-reviewed journals, 3 book chapters, and 75 conference presentations and posters.

Dr. Weeks is currently the Psychotherapy Director of the Anxiety Subspecialty Treatment program in the Department of Psychology at Nebraska Medicine and the Department of Psychiatry at the University of Nebraska Medical Center, the Associate Director of Clinical Training in the Department of Psychology at Nebraska Medicine, and the Co-Chair of Psychotherapy Training in the Department of Psychiatry at the University of Nebraska Medical Center.



*Continuing Education: 6 (six) CEs for psychologists and approved for mental health practice. See next page.



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Continuing Education

The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending the live webinar can receive 6 CEs for psychologists, with full attendance required. No partial credit is awarded; late arrival or early departure will preclude awarding of CE credits for psychologists attending the live webinar. Those arriving more than 15 minutes after the scheduled start time or leaving before the workshop is completed will not receive CE credits.

This program meets the criteria of an approved continuing education program for mental health practice.

Written notification is required on or before October 3, 2022, for complete refund of registration fee. All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or npa@nebpsych.org.



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