Exposure and Response Prevention for Anxiety-Related Disorders

TRAINING PROGRAM FOR BEHAVIORAL HEALTH PROFESSIONALS

Wednesday, June 28, 2017, 9 am – 11 am CST

In his presentation, Dr. McGrath will highlight the essentials of Exposure and Response Prevention therapy (ERP) for anxiety disorders. This training session will highlight some of the fundamental aspects on treatment for anxiety disorders, so whether you’re new to the field or an experienced clinician, Dr. McGrath will provide some new and interesting insights into this treatment.

Dr. McGrath will also use this presentation to focus on resiliency and skills for the clinician when treating individuals with anxiety and other mental health issues. You will learn how to conceptualize anxious patients, plan effective treatment, utilize elements of engagement in the therapeutic relationship, and decrease physiological symptoms of anxiety to increase functional behavior. Specific to ERP treatment, you will learn how to use evidence-based strategies to help patients with anxious thoughts and beliefs, and to develop exposure hierarchies to increase tolerance for uncertainty.

Faculty
Patrick B. McGrath, Ph.D.
Assistant Vice President, AMITA Health Residential Services
Clinical Director, Center for Anxiety and OCD

To Register
Call Alexian Connects at 855.myAMITA or email diamond.sutton@amitahealth.org

Cost: Complimentary

Location:
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 2.0
LSW/LCSW, LPC/LCPC, LMFT

PROGRAM OBJECTIVES

Participants will:

• Describe the importance of using ERP specifically for anxiety and obsessive compulsive disorder, as opposed to general cognitive-behavioral therapy, for improved outcomes.

• Discuss the difference between response prevention and exposure techniques

• Describe ways to engage patients in the therapeutic process.

FACULTY BIO

Patrick B. McGrath, Ph.D. is the Assistant Vice President of Residential Services for AMITA Health Behavioral Medicine Institute. He is the Executive Director of the Foglia Family Foundation Residential Treatment Center and the Clinical Director for the Center for Anxiety and OCD and the School Anxiety / School Refusal Programs at AMITA Health Alexian Brothers Behavioral Health Hospital. He is a member of the Scientific Advisory Board and the Conference Planning Committee of the International OCD Foundation (IOCDF), as well as the President of OCD Midwest, the official affiliate of IOCDF in the Midwest.