

Cognitive Behavioral Training on Treating Anxiety and Panic Attacks:

A Two part training for Therapists:

- Increase your repertoire as a therapist!
- Learn the strategies that have been scientifically shown to have an over 80 percent success rate in treating anxiety and panic attacks
- Have the training need to be able to offer your clients "Cognitive Behavioral Techniques"
- Increase your clientele! Create new niche markets.
- Feel confident teaching proven strategies that work!
- Earn 6 CEU credits!!!!!!

Part One: Sunday September 27th 2pm-5pm

- Psycho Educational segments needed to be taught to clients who suffer from and/or anxiety; overview of treatment plan
- What works and what does not- top notch therapy basics
- Breathing retraining techniques for inducing parasympathetic system with teaching style
Passive relaxation
- Progressive muscle relaxation
- Teaching record keeping

Part Two: Saturday Oct 3th 2pm-5pm

- List of distortions and how to do cognitive disputation/restructuring
- Cutting edge "INTEROCEPTIVE EXPOSURE" for treatment of panic attacks.
- Planning sessions
- Extra tips and strategies to use with resistant or difficult clients.
- Putting it all together to make a successful treatment package.

Price: 349.00

****A \$25.00 non-refundable deposit is required upon registration along with a 324.00 cheque dated for Sept 27th to hold your spot.*

Call now 514-796-4357

Your Trainer

Sandra Reich M.Ed, CCC.

Sandra Reich is a qualified and experienced Cognitive Behavioral Therapist specializing in Anxiety Disorders. She has been featured on Discovery Health Channel, Bravo and Global as an expert on the topic.

Sandra holds a Master's degree in Counseling Psychology from McGill University. She is a certified and licensed counselor with the Canadian Counseling Association.

Sandra has received extensive training in Cognitive Behavioral Therapy at the Montreal General Hospital's Behavior Therapy unit. She maintains a full time private practice specializing in Anxiety Disorders. She has participated in workshops and lectures with pioneers of Cognitive Behavioral Therapy such as Aaron Beck, Albert Ellis, David Burns, Martin Seligman, Steven Hollon, David Barlow and more.

Cognitive Behavioral Therapy concentrates on what can be done about problems TODAY. It is an active, directive treatment that teaches the skills necessary to cope with problems.

For more information contact:

Sandra Reich M.Ed, CCC.

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www.helpforanxietydepression.com