

## REGISTRATION FORM

### Anxious Brain Conference and/or Test Preparation Course for LCSW Exam May 21-22, 2010

- Registration forms can be downloaded at [www.naswmt.org](http://www.naswmt.org)
- Register now with a credit card at <http://www.acteva.com/booking.cfm?bevaid=199149>  
(online processing fees apply)
- Or complete this form and mail with payment to:  
**National Association of Social Workers, Montana Chapter  
25 S. Ewing, Suite 406, Helena, MT 59601**

Please copy and use a separate form for each person's registration.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (w) \_\_\_\_\_ Phone (h) \_\_\_\_\_

E-mail \_\_\_\_\_

*Space Limited – Please Register Early!*  
Registration fee covers conference registration and refreshment breaks for two days.

#### Registration for Two Days

NASW Member \$195 \_\_\_\_\_  
Non-Member \$215 \_\_\_\_\_  
Student / Retired \$110 \_\_\_\_\_

#### Can't Make it Both Days? One-Day Registration

Fri  Sat  
NASW Member \$100 \_\_\_\_\_  
Non-Member \$110 \_\_\_\_\_  
Student / Retired \$60 \_\_\_\_\_

#### Licensure Prep Course Registration Fee

Course limited to 30 people. Must have 8 participants by May 22 or course will be cancelled.

NASW Member \$150 \_\_\_\_\_  
Non-Member \$200 \_\_\_\_\_

#### Attend Both Conference and Licensure Prep—Save \$\$\$

NASW Member Combo Fee \$200 \_\_\_\_\_  
Non-Member Combo Fee \$260 \_\_\_\_\_

Total enclosed \$ \_\_\_\_\_

**Cancellation Policy:** Full refund (less \$30 processing fee) if cancelled 48 hours prior to the workshop. No refund after this deadline.

**Continuing Education:** 13.5 Continuing Education Credits for LCSWs, LCPCs, and psychologists are available for the workshops.

## About the Presenter

A two-day seminar by Margaret Wehrenberg, Psy.D., Licensed Clinical Psychologist and author of *The Anxious Brain* and *The 10 Best-Ever Anxiety Management Techniques*. Dr. Wehrenberg is a recognized expert on the treatment of anxiety and depression; with expertise in the neurobiology of psychological disorders. In addition to her recent books, she has contributed articles to the award-winning *Psychotherapy Networker* magazine, authored a workbook for clients, *Stress Solutions: Ten Effective Strategies to Eliminate Your Stress*, and has produced the CD, *Relaxation for Tension and Worry*. Her forthcoming book, *The 10 Best-Ever Depression Management Techniques*, will be published by W.W. Norton in fall of 2010.

## Hotel Accommodations

A block of rooms at the conference rate of \$109 is reserved at the Hilton Garden Inn, 3720 North Reserve, Missoula. For reservations click on the special Hotel Room Reservations link on our website, [www.naswmt.org](http://www.naswmt.org), or call 406-532-5300. Be sure to identify your attendance as part of the NASW-Montana Chapter group when you call. The conference rates are available through May 24th.

## Continuing Education

A total of 13.5 CEUs are available to meet the requirements of the Montana Board of Social Work Examiners and Professional Counselors.

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# The Anxious Brain

**Margaret Wehrenberg, Psy.D.**  
Author of *The 10 Best-Ever Anxiety Management Techniques* and *The Anxious Brain*

A two-day seminar with intensive training on anxiety management, including the underlying neurobiology of anxiety and powerful techniques to address commonly encountered problems.

**May 21-22, 2010**

**Hilton Garden Inn  
3720 North Reserve  
Missoula, MT 59808**

*Also on Saturday, May 22*  
**Test Preparation Course for Licensed  
Clinical Social Work Exam**  
Registration information within.  
See course description at [www.naswmt.org](http://www.naswmt.org)

# The Anxious Brain

## Course Description

This fresh approach to anxiety management will provide a complete set of tools to work with anxiety symptoms. Cutting edge research tells clinicians not only what is new, but also tells us why what we have done best over the years works to help clients achieve positive results in therapy. In this seminar we'll discuss how to apply techniques for calming panic and dread with different age groups and difficult clients to obtain the best results for calming. Methods that control physiology (e.g., diaphragmatic breathing, reducing tension, mindful awareness) to offset panicky or acute anxiety can be easy to learn but not simple to apply. You will benefit from in-seminar experiential practice and discussing case vignettes to enhance your application of these methods. Learn powerful techniques that cool off worry and challenge faulty cognitions that are obstacles to improving panic and social anxiety and generalized anxiety. Behavioral change is also necessary, especially for social anxiety. You can help your clients identify and change the ways they avoid their social anxiety. Case examples will clarify planned re-entry to triggering situations, handling the stress of preparation and conducting in vivo exposure.

# The Anxious Brain – Conference Schedule & Outline

## Friday, May 21, 2010

7:15 – 8:00 am Check-in/Registration

### Morning Session

8:00 – 9:45 Introduction to the anxious brain: discussion of structure and function that underlies anxiety disorders (panic, generalized anxiety and social anxiety).

9:45 – 9:55 Break

9:55 – 11:40 Understanding the use of medication in treatment for anxiety. Introduction to the effective treatments for panic.

11:40 – 12:40 Lunch on our own

### Afternoon Session

12:40– 1:55 The neuro-biological basis of generalized anxiety disorder how to change the brain with psychotherapy interventions.

1:55 – 2:05 Break

2:05 – 4:00 Creating a healthy brain. Social anxiety disorder; the basis for the disorder and how to provide effective treatment. Questions and case discussion.

## Saturday, May 22, 2010

7:30 – 8:30 am Check-in/Registration

### Morning Session

8:30 – 10:20 Screening issues in anxiety disorders, Responding to guilt in anxiety. Treating panic disorder. Relaxation skills for panic and special techniques for generalized anxiety.

10:20 – 10:30 Break

10:30 – 12:15 Managing the physiology of anxiety: Worry management.

12:15 – 1:30 Lunch on our own

### Afternoon Session

1:30 – 2:45 Eliminating perfectionism and catastrophic thinking , Managing the cognitive components of SAD.

2:45 – 3:00 Break

3:00 – 5:00 Changing avoidant behavior. Presentation of cases and case discussions.

## Updated Test Preparation Course for Licensed Clinical Social Work Exam

### Saturday, May 22

The overall 2006 pass rate for those taking the Social Work Licensing Licensure Exam in Montana was **74%**. This course has successfully prepared thousands of social workers for the Clinical Examination developed by the Association of Social Work Boards. The average pass rate after taking the *Test Preparation Course for Licensed Clinical Social Work Exam* is **90%**.

This six-hour workshop will provide attendees with test-taking strategies for correctly answering examination questions. A framework for critical analysis of examination questions will be presented and the instructors will use sample questions to illustrate important concepts. In addition, a review of material in each of the content areas on the examination will assist attendees with recall of information and focusing on subsequent studying. Content areas to be covered include: (1) theories of human development; (2) diversity; (3) assessment and diagnosis; (4) psychotherapy and clinical practice; (5) communication; (6) the therapeutic relationship; (7) professional ethics; (8) clinical supervision, consultation, and staff development; (9) research methods; (10) service delivery; and (11) clinical practice and management. Practice questions will be used to familiarize attendees with items in each content area.

Attendees should bring highlighters with them to this workshop. Prep course attendees will receive an exam training manual.

### INSTRUCTOR:

**Elizabeth (Betsy) Webb**, LCSW, LLC is a licensed clinical social worker in Montana. Betsy is employed as a Human Resources Officer at Montana State University in Bozeman, operates a small private practice in mediation and mental health counseling, and provides training programs throughout the USA. In 2006, Betsy took her LCSW exam seventeen years after completing her MSW, passing it on her first try! Betsy has been trained by Dawn Hall Apgar, MSW, LSW, Ph.D. and is eager to assist you in preparing for the exam. This will be the fourth time Betsy has conducted the LCSW Test Preparation Course. The students gave her Bozeman course, conducted in April 2008, an overall rating of 4.85 (out of a possible 5)!

## Course Objectives

1. In this seminar, participants will be introduced to the underlying neurobiology of anxiety, learning about the basics of the brain structures and functions in clear, useful terms.  
recovery of the most common anxiety problems: panic, generalized anxiety, and social anxiety.
2. Participants will also learn which techniques change the brain and how to apply them for immediate, effective
3. Participants will obtain what they need to learn, practice and be ready to apply ten techniques that *really work* to stop symptoms of panic, worry and social anxiety.