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In conjunction with the San Diego Psychological Association,
San Diego-CAMFT, and the San Diego Phobia Foundation
— Special Rates Apply —

STOPPING THE NOISE: How To Change The Anxious Mind—Rapidly

Presenter: Reid Wilson, Ph.D.

November 18, 2016 (Friday)

8:30 AM to 4:15 PM

BACK BY POPULAR DEMAND: Thousands of clinicians have utilized Reid Wilson's classic book, *Don't Panic*, as the bible for treatment models of anxiety/panic/OCD for decades. Now hear the latest innovative strategies from Dr. Wilson!

Therapists are supposed to make clients safe and secure, creating a cozy haven from a cruel world, right? Well, when it comes to treating anxiety and OCD, growing evidence shows that the quickest, most effective approach involves instructing them to ramp up their fears while telling themselves how much they welcome the experience.

Join internationally-recognized expert and author Reid Wilson, Ph.D. to study what cutting edge research is showing us about the possibility of rapid change. Dr. Wilson will outline the treatment strategy, step-by-step, and illustrate each stage with brief, professionally videotaped segments of therapist-client interaction within the first two sessions of treatment. You will learn...

- How to rapidly engage anxious clients in the therapeutic alliance and change their mindset toward their fears
- How to persuade clients to adopt a self-help protocol to voluntarily, purposely, and aggressively seek out uncertainty moment-by-moment
- The four paradoxical strategies:
 - Detachment and the stepping-back process
 - Voluntarily choosing the experience: "I want this"
 - Stepping toward the threat
 - How to be cunning

RTI is approved by the American Psychological Association to sponsor continuing education for psychologists. RTI maintains responsibility for this program and its content.

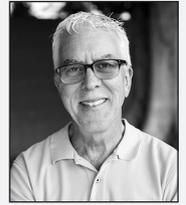
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For more information:

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Contact Suzanne Smyth-Cohen at 619.296.8103, ext. 10
E-mail: info@RTIprojects.org

ABOUT THE SPEAKER:

Reid Wilson, Ph.D. is an internationally recognized expert on anxiety and panic disorders, and Adjunct Associate Professor of Psychiatry at UNC School of Medicine.



He is the author of the just-released *Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry* and the classic self-help book *Don't Panic*. He is co-author, with Edna Foa, of *Stop Obsessing!* and co-author, with Lynn Lyons, of *Anxious Kids, Anxious Parents*. He is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA) and Fellow of the Association for Behavioral and Cognitive Therapies (ABCT). In 2014, he was honored by the ADAA with the highest national award given in his field.

DATE, TIME & LOCATION:

November 18, 2016 (Friday)

Registration: 8:00 AM

Workshop: 8:30 AM – 4:15 PM

Marina Village Conference Center
1936 Quivira Way
San Diego CA 92109

FEES

\$175 (paid registration by October 31)

\$195 (paid after October 31)

\$150 Allied Agency/F-T Students/
SDPA/SD-CAMFT, SDPF
(paid by October 31)

\$170 Allied Agency/F-T Students/
SDPA/SD-CAMFT, SDPF
(paid after October 31)

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This workshop is approved for 6.5 continuing education hours for advanced continuing education for Psychologists, MFTs, LCSWs, NBCC, and NAADAC.



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