



Daniel Mitchell PhD is a psychologist at a busy medical practice in Central Vermont. Dan practiced in the Watertown area for 8 years prior to moving to Vermont. He has advanced training in Mindfulness-Based Stress Reduction, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Dialectical Behavior

Therapy and is EMDRIA-certified in Eye Movement Desensitization and Reprocessing (EMDR). He has been in practice for over 15 years in a variety of settings including community mental health, medical settings, school-based practices, and corrections and employs a fully integrated Mind-Body Medicine approach to both his professional and personal practice. Dan has also had a passion for clinicians in “the trenches” of mental healthcare, a driving force behind his desire to teach others techniques and processes that have made his job more rewarding and have improved outcomes for his patients.

Dan is a Vermont State Licensed Psychologist - #048-0058348

**Continuing Education for:**

Psychologists, Mental Health Counselors, Social Workers, Addictions Counselors, Psychiatrists, School Psychologists, School Counselors, Pre-licensed or unlicensed counseling professionals, Psychiatric Nurse Practitioners, Counseling Graduate Students

**To register, contact Dan**

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# ACEs-Informed Treatment for Anxiety Disorders



**EMDRIA-approved for 3.5 CEUs**

**7.5 hour-NBCC CEUs pending approval**

**This is an all-day highly participatory, practicum-based training**

- Suitable for any theoretical approach
- Collect ACE/trauma history in an easy, thorough, and safe manner
- Build the patient’s ability to work through trauma across the life span
- Address anxious thoughts, emotions, body sensations and behaviors
- Great for your most anxious or challenging patients
- Easy-to-use worksheets to guide the process
- Take the guess-work out of treating anxiety!

**DATE: June 26th, 2020 8am—430pm**

**Location : Zoom Webinar**

**Cost: \$120**

## Learning Objectives

Understand the history and findings from ACEs research to better guide your clinical practice.

Determine how ACEs impact human development and common mechanisms that lead to anxiety.

Incorporate resource development to help your patients stay within their window of affective tolerance.

Incorporate the easy-to-use timeline method of assessment and treatment planning to better understand your patients' history and how you can most effectively treat them.

Gather important information about your patient that will help to build upon their positive traits and experiences and link these experiences to core beliefs that are more adaptive for more success in treatment.

Teach your patients how to identify and modify core beliefs for more adaptive functioning.

Learn ACEs-informed techniques you can easily deploy with any client to address common types of anxiety and specific symptoms such as rumination, phobias, and fears about future situations.

Integrate this assessment model and apply to any therapy modality effectively.

**These objectives will be accomplished through a combination of lecture, discussion and practicum activities. This workshop is highly participatory.**

## Outline

### Overview of Adverse Experiences

- Adverse Childhood Experiences (ACEs) correlation with chronic illness
- Expand your understanding of adverse experiences and trauma
- Understand common mechanisms that lead to maladaptive thinking and behavior.

### Teach Your Clients Coping Resources

- How to easily track intensity of distress from moment-to-moment
- Quick, easy and effective coping strategies
- How to tie in coping skills to behavioral rehearsal

### A Timeline Method for Assessment

- Strengths and positive moments that shaped them adaptively
- Adverse and traumatic material that shaped them in a maladaptive way
- How to distinguish and separate memories that have BOTH positive and negative aspects

### Breaking Down Memories and Experiences

- Distinguishing images, body sensations, emotions, and thoughts
- Learn how to identify dominant core beliefs using the concept of "cognitive buckets"
- Teach patients how to reshape their core beliefs in more adaptive ways

### Techniques to Address Anxiety

- How to help patients become ready for exposure in the office
- Learn strategies to enhance their strengths and positive memories  
Effectively inoculate rumination using the concept of "productive worrying"
- Learn the "walk it through" method

### Use this Method with ANY Treatment Modality

- CBT, CPT, EMDR, Narrative Therapy, Play Therapy, DBT, Art Therapy, Solution Focused Therapy, Motivational Interviewing, Person-Centered Therapy, and ACT
- Implementing your approach of choice throughout use of this method