

## AGENDA

### **Evidenced-Based Treatment Approaches for Anxiety Disorders Jonah Paquette, Psy.D.**

**Note: All times are Pacific Time**

9:00 - 9:10 Welcome and Introduction

9:10 – 10:30 An Overview of Common Forms of Anxiety  
Differential Diagnoses  
Models for the Development and Maintenance of Anxiety  
Cross-Cultural Considerations with Anxiety Disorders

10:30 -10:40 Break

10:40 -12:10 Somatic approaches to treating anxiety  
Breathwork strategies  
Mindfulness-oriented strategies  
Acceptance-based and paradoxical approaches  
Pharmacological approaches for treating anxiety

12:10 – 12:50 Lunch

12:50 - 2: 20 Cognitive Approaches for Treating Anxiety Disorders  
Review of the cognitive model and underlying assumptions  
The role of distorted thinking in the development and maintenance of anxiety  
Cognitive restructuring and thought disputation strategies

2:20 - 2:30 Break

2:30 – 4:00 Exposure Based Principles for Treating Anxiety Disorders  
The development of a fear hierarchy  
A review of different methods and formats for exposure  
How to incorporate