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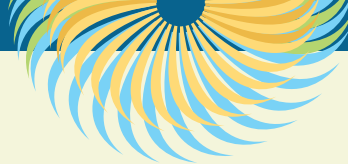


Therapies for Generalized Anxiety Disorder

A two-day workshop presented by
Professor Tom Borkovec, Penn State University

March 18-19, 2009
Beit Heil HaAvir, Herzliya, Israel





Dear Colleagues,

It is an honor and pleasure to invite you to the workshop to be presented by Professor Tom Borkovec.

Professor Borkovec is one of the leading researchers and clinicians in the field of Cognitive-Behavior Therapy in general and CBT with generalized anxiety disorder (GAD) in particular.

He is a professor of psychology and psychiatry at Penn State University in Philadelphia, USA.

Professor Borkovec has written hundreds of articles and chapters on CBT and GAD and delivered as many invited lectures and workshops at international symposia and conferences. He was and is on the editorial board of many peer-reviewed journals in clinical psychology and CBT.

Professor Borkovec will share with us his vast knowledge of and experience with the treatment of GAD. He will also introduce us to a relatively new development in CBT with GAD: The use of integrated interpersonal and experiential techniques (IEP) with generalized anxiety disorder.

I have no doubt that by attending the workshop we will all vastly extend our clinical knowledge, understanding and skills as therapists and clinicians. I want to use this introduction to also express our thanks to Professor Mario Mikulincer and the Interdisciplinary Center (IDC) in Herzliya for hosting this important workshop.

Since the number of places for the workshop is limited, I urge you to confirm your participation as soon as possible.

Looking forward to an exciting learning experience,
Sincerely yours,

Dr. Joop Meijers, Chair

The Israeli Association for Behaviour and Cognitive Psychotherapies (ITA)

Professor Borkovec's research and clinical practice have focused on adult anxiety disorders. His empirical work has involved both basic and applied research, and the National Institute of Mental Health has funded his therapy outcome investigations on the cognitive behavioral treatment of generalized anxiety disorder for 20 years.

In the past, he has served on NIMH's psychotherapy grant review committee, the DSM-IV Generalized Anxiety Disorder Subcommittee, and several journal editorial boards. He is currently co-founder of the Pennsylvania Psychological Association's Practice Research Network and a Fellow in the American Psychological Association and the American Psychological Society.

His contributions to basic research and clinical practice were recognized in 1998 by the APA (Division 12, Section 3) with the Distinguished Scientist Award and in 2007 by the Association for Behavioral and Cognitive Therapies with the Outstanding Researcher Award. In September of 2003, he received an honorary doctorate of philosophy degree from Stockholm University.



Cognitive Behavioral Therapy for Generalized Anxiety Disorder

Wednesday, March 18th

This workshop will emphasize Tom's distinctive cognitive behavioral techniques uniquely adapted to treating generalized anxiety disorder.

Conceptual Framework:

- All techniques will be shown to be grounded in empirical findings regarding worry and GAD.
- Technique applications will be based on early behavioral principles.
- The overarching goals of the interventions are to increase attention to present-moment reality and to develop ways of responding to daily life events from intrinsically motivated perspectives.

CBT Technique Domains:

- Teaching the client self-monitoring within and outside of the therapy session
- Teaching the client multiple relaxation methods and their moment-to-moment application within and outside of the therapy session
- The use of standard and unique imagery exposure techniques for rehearsal of new coping responses
- Unique cognitive therapy techniques for generalized anxiety disorder

The workshop will convey its information through didactic presentations, therapy transcripts, and session video-tapes (including the miraculous cure of a severe phobia), along with song lyrics, magic tricks, humor, and poetry.

Interpersonal and Emotional Processing Therapy for Generalized Anxiety Disorder

Thursday, March 19th

This workshop introduces clinicians to the use of integrated interpersonal and experiential techniques (IEP) with generalized anxiety disorder (GAD). After a review of basic research on GAD and psychotherapy process research suggesting the potential importance of incorporating interpersonal and experiential interventions into Cognitive Behavioral Therapy, the majority of the workshop will be devoted to presenting:

- Main features and assumptions of our IEP
- Aspects of functional analysis conducted with clients from within this perspective
- General and specific techniques for intervening at the interpersonal and emotional levels
- How the therapeutic relationship can be employed to facilitate intrapersonal and interpersonal functioning
- The importance of detecting incipient ruptures in the therapeutic alliance and ways of intervening to repair the alliance

One of the particular highlights of the workshop is a video-tape of an entire IEP session with a GAD client that demonstrates many of the interpersonal and experiential techniques and resulted in a dramatic change for the client and her anxiety.

Daily Schedule

- 09:00-09:30 – Registration
- 09:30-11:00 – Part I
- 11:00-11:20 – Coffee Break
- 11:20-13:00 – Part II
- 13:00-14:00 – Lunch
- 14:00-16:00 – Part III

General Information

Registration Fee of \$250 for the two-day seminar includes participation in all sessions, seminar handouts, lunch & coffee/cake break each day and a welcome reception on Tuesday evening. This fee is valid until February 3rd. After that the fee is \$280.

*Special price for EABCT members: \$200 (until March 3rd).

Accommodations: Rooms are available at Hotel Kibbutz Shefayim for \$105 per night for a single room and \$116 for a double room. Prices are for B/B. Reservations must be accompanied by a non-refundable deposit of \$100.

Cancellation Policy: Cancellations received before February 8, 2009 are not subject to a cancellation fee. Cancellations received between February 8 and March 9, 2009 are subject to a \$60 service charge. No refund for cancellations received after March 9, 2009.

For further information and updates about the seminar, go to the website: www.isas.co.il/gad09 or contact the secretariat at: congress@isas.co.il



Secretariat:

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www.isas.co.il/gad09

Registration Form - Therapies for GAD

Please send to: ISAS International Seminars, POB 34001, Jerusalem 91340, Israel; Fax +972-2-6520558; register@isas.co.il

Surname.....

First Name.....Title.....

Place of Work.....

Email

Mailing Address (please check Work Home)

.....

City.....Postal Code.....

Country.....

Telephone.....

Fax.....

Please book a single room double room at the Kibbutz Shefayim Hotel for nights.

Check-in date..... check-out date.....

I will share my room with *

* It is the sole responsibility of the participant to find a roommate. In the absence of a roommate, single occupancy price will be charged

Please itemize payments:

Registration \$

Accommodations \$

Total \$

Payment Instructions

Enclosed is check payable to ISAS International Seminars.

Charge my credit card: VISA DINERS M/C AMEX

Number

Expiration 3-4 Digit Security Code

Bank transfer to: ISAS International Seminars Ltd.

Bank Leumi, Tourist Branch #780, 19 King David St., Jerusalem, Israel

Account Number 812900/40

SWIFT Account: LUMILTINT

IBAN CODE: IL85010780000081290040

Please email/fax a copy of the bank transfer instructions to the secretariat.

Signature

Date