

You are invited to an ERMHS Team Video Training

## ***The New Face of Anxiety:***

### ***Treating Anxiety Disorders in the Age of Texting, Social Media & 24/7 Internet Access***

**Dates: June 3 or 6, 2019**

**Time: 8:30 a.m. to 4:00 p.m.**

**Presenter:** Dr. Wehrenberg is a clinical psychologist, international speaker, trainer and author. She is an expert on treating anxiety and depression, with an expertise in the neurobiology of psychological disorders. Dr. Wehrenberg has years of experience as a drug and alcoholism counselor and specializes in treating anxiety.

#### **Objectives:**

1. Evaluate the impact of persistent “screen time” exposure on neurobiological and psychological health.
2. Learn strategies to effectively reduce excessive use of technology that leads to avoidance and increased anxiety.
3. Increase the capacity to utilize technology in a healthy manner to decrease risk of anxiety & other mental health symptoms.
4. Become aware of practices that decrease rumination and build resilience to the stress of the digital world.
5. Learn five strategies for overcoming irrational fears of social interaction in order to improve clinical outcomes.
6. Learn cognitive-behavioral strategies for challenging distorted beliefs & “comparison fallacy” as related to online interactions.

#### **Target Audience includes:**

Social Workers, psychologists, counselors, MFTs, case managers, addiction counselors, therapists, nurse & mental health professionals

#### **Location:**

David P. Meaney Education Center  
10474 Mather Blvd.  
Mather, CA, Room

*6 CEUs are available for this presentation*

#### **RSVP & Contact:**

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