



**BLOCK BUILDING**  
THERAPIES

Proudly Presents:

Randy Paterson, Ph.D, R.Psych.

The Fundamentals of  
**Exposure Therapy**  
in the Treatment of  
**Anxiety Disorders**



**APRIL 16, 2019**

**8:00 AM – 4:30 PM**

**Viscount Gort Hotel**

This full-day interactive workshop equips participants to increase their competence and confidence in using a core strategy for clients with anxiety-related presentations: exposure therapy.

Exposure therapy is the foundation of evidence-based intervention for each of the anxiety disorders, but its effectiveness decreases dramatically when several basic tenets are not followed. This workshop provides guidelines for effective exposure therapy and provides participants with practice in hierarchy development. The concepts covered in the workshop are adapted to exposure with specific phobia, social phobia, obsessive compulsive disorder, generalized anxiety, panic disorder, and agoraphobia.

### Learning Objectives

By the end of this workshop, participants will be able to:

- Explain the core tenets of effective exposure therapy.
- Use the Zones of Comfort and Therapeutic Window models for introducing exposure work.
- Develop exposure hierarchies for a variety of clients with anxiety.
- Compare imaginal and in vivo exposure exercises.

## Workshop Topics

- The development and theory of exposure therapy
- The Zones of Comfort rationale
- The Therapeutic Window model for extended exposure
- The use of Subjective Units of Distress (SUDs) in exposure work
- The creation of exposure hierarchies
- Creative strategies for imaginal and in vivo exposure exercises
- The behavioural experiment: Integrating cognitive strategies with exposure

## Target Audience

This workshop is intended for those who wish to increase their confidence and competence in using effective exposure-based techniques with clients with anxiety (including specific phobia, social phobia, obsessive compulsive disorder, generalized anxiety, panic disorder, and agoraphobia).

Intended for:

- psychologists,
- occupational therapists,
- nurses,
- social workers,
- mental health workers,
- proctors/rehab workers,
- educators,
- counsellors,
- disability case managers.

### About the Presenter:



Randy Paterson, Ph.D., R.Psych. is a psychologist, consultant, and author in Vancouver, BC. He is the Director of Changeways Clinic, a private outpatient service specializing in the treatment of mood and anxiety disorders. He has published and presented in the areas of attention, stress and information processing, attachment theory, and depression. His books include *How to be Miserable: 40 Strategies You Already Use*, *The Assertiveness Workbook*, *Private Practice Made Simple*, and *Your Depression Map*.

Since 1992, Dr. Paterson has conducted therapist training programs on diverse topics including the treatment of depression and the anxiety disorders, assertiveness skills, private practice management, and sexual orientation issues.

He has presented over 200 therapist training seminars in Canada, Asia, Australia, and New Zealand.

His online educational programs can be viewed at [psychologysalon.teachable.com](http://psychologysalon.teachable.com).

# Registration

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**Please note that space is limited.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

Email: \_\_\_\_\_  
(required for confirmation)

Profession: \_\_\_\_\_

Organization: \_\_\_\_\_

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## **Professional:**

Early Bird (March 12, 2019)                      \$250.00

Regular (after March 12, 2019)                 \$290.00

**Students:**    \$200.00

Payment can be made by cheque or e-Transfer.

Please send e-Transfer to: [info@blockbuilding.ca](mailto:info@blockbuilding.ca)

Use password "workshop"

If paying by cheque, send registration  
and payment to:

**Block Building Therapies**

830 St. Mary's Rd.

Winnipeg, MB R2M 3P4 Canada

# Registration Confirmation and Receipt

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Participants are not considered registered until payment is received. Receipts will be provided with workshop materials.

Registration: 7:30 am- 8:00 am.

## Included with your registration fee

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- One full day workshop
- Electronic copy of presentation slide handouts
- Electronic copy of handouts to use with clients including group exercises
- Permission to reproduce handouts and audio for clients' use.
- Discount to Dr. Paterson's online courses.

## Refund/Cancellation Policy

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Cancellation must be requested in writing to [info@blockbuilding.ca](mailto:info@blockbuilding.ca) and will be accepted only until March 31, 2019 after which no refunds will be provided. A \$50.00 administration fee will be charged for all cancellations.

## Hotel Information:

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Viscount Gort Hotel  
1670 Portage Ave. Winnipeg, MB  
Tel: (204) 775-0451  
[www.viscount-gort.com](http://www.viscount-gort.com)



If you have any questions please contact us at:  
Email: [info@blockbuilding.ca](mailto:info@blockbuilding.ca)  
Phone: 204-231-0785  
Fax: 204-231-4442  
Website: [www.blockbuilding.ca](http://www.blockbuilding.ca)