

Understanding and Working with Anxiety

This one-day workshop will provide an overview of:

- PTSD, Panic, generalized anxiety, Social Phobia and OCD
- Common underlying drivers of anxiety that often live in the ground behind the figure of anxiety
- Shame dynamics, trauma, fixed meaning making and identities, and unresolved attachment issues
- How to help clients re-frame and de-pathologize their relationship to anxiety
- A 5-step model to help clients learn to regulate, accept and then resolve anxiety symptoms.

The workshop will explore various anxiety management strategies and the common relationships clients have with their anxiety that can perpetuate its presence. There will be an overview of strategies to work with anxiety such as; the paradoxical theory of change, self-compassion, present centred phenomenological inquiry, somatic responses and relational and field theoretical approaches to supporting clients to regulate their threat responses.

Methodology

Experiential exercises, Large group discussion, didactic teaching, demonstration

Who should attend?

Anyone interested in developing a better understanding of the different types of anxiety and how to support clients to develop awareness of, manage and live with their anxiety

Book and Pay

Complete and email the workshop registration form to manager@connectground.com.au and make payment according to bank details on the form

General Information

Venue/ Gestalt Centre 622 Lygon Street, North Carlton, VIC 3054

Times/ 9.30-5.00pm

Dates/ 18th August 2020

Cost/ \$160/ Free of charge for all current ConnectGround interns



Presenter

Noel Haarbarger, BBSc, BEd(Counselling), AdvDipGestaltTherapy, ClinMGANZ, MAPS is a faculty member and trainer at GTA (Gestalt Therapy Australia), and works in full time private practice as a Psychologist, and Psychotherapist working with individuals and couples, as well as offering supervision to allied health professionals. Noel has worked extensively in a wide variety of counselling and psychological services since 1995, including most recently the role of



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Senior Psychologist at Malmsbury Youth Justice Centre for 4 years. Previous to this he has worked in family counselling, drug and alcohol, sexual assault, problematic gambling, men's behavioural change programs, and the mental health fields. As a trained Somatic Experiencing Practitioner, he offers 'somatic experiencing' a highly effective body work method for negotiating and releasing trauma, originally developed by Peter Levine.

