

## 1.5-HOUR LIVE WEBINAR FOR \$15

(REGISTRATION FORM)

# AN INTRODUCTION TO 'DECONSTRUCTING ANXIETY'

Please Check One Option Below:

### LIVE WEBINAR:

Wed., Jan. 22, 2025, 7:00 PM – 8:30 PM, (Eastern Time)  
or 6:00 PM – 7:30 PM, (Central Time)  
or 4:00 PM – 5:30 PM, (Pacific Time)

NEW EVENING  
SCHEDULE!

Tue., Mar. 4, 2025, 1:00 PM – 2:30 PM, (Eastern Time)  
or 12:00 PM – 1:30 PM, (Central Time)  
or 10:00 AM – 11:30 AM, (Pacific Time)

Please note: You are registering for CE for Dr. Pressman's FREE Live Webinar.

Please note this webinar recording will NOT be sent out. You must attend live.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

Please email INR at [info@biocorp.com](mailto:info@biocorp.com) for more information.

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### Please note:

- 1) Register for CE Credit: [www.INRseminars.com](http://www.INRseminars.com)
  - 2) Register for the Free Webinar: <https://toddpresman.com/freewebinar-INR>  
(Dr. Pressman will send out the link to the live webinar)
  - 3) Fax: (925) 687-0860
  - 4) Phone: 1-877-246-6336 to register for the CE Credit at INR.
- Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820**  
**Purchase orders are accepted. Tax Identification No. 94-2948967**

## ACCREDITATION

To obtain the 1.5 contact hours associated with this course, the health care professional will need to register, pay the tuition, sign in, attend, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an introductory-level course.

### NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 1.5 contact hours for nurses. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026), the Iowa Board of Nursing (#288) for 1.5 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 1.8 contact hours.

### DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 1.5 hours of continuing education credits.

### PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-23-005-L04-P. This is a knowledge-based CPE activity.



### PSYCHOLOGISTS

Under CE Broker #50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

### MENTAL HEALTH COUNSELORS, SOCIAL WORKERS, & MFTs

Institute for Natural Resources has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7156. Programs that do not qualify for NBCC credit are clearly identified. Institute for Natural Resources is solely responsible for all aspects of the programs.



Under Sponsor #00088989 and Approval #60007978387, CRCC has approved this course for 1.5 contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022 – 02/28/2025. Social workers completing this course receive 1.5 clinical continuing education credits. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. This course "An Introduction to Deconstructing Anxiety," Approval #10212024-261 provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/24 through 08/31/26. New Jersey social workers will receive one and a half (1.5) clinical CE credits for participating in this course. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

### OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.15 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 1.5 contact hours (Approval # CE 24-988420). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for

## ACCREDITATION (cont.'d)

1.5 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

### CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

### NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 1.5 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

### MASSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.



### OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

## (A 1.5-HOUR INTERACTIVE LIVE WEBINAR)

Please note: You are registering for CE for Dr. Pressman's Free Webinar.  
Please note this webinar recording will NOT be sent out. You must attend live.

## SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. Fees subject to change without notice.

## SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any ineligible organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757  
Customer service: 1-877-246-6336 or (925) 609-2820  
Fax: (925) 687-0860  
E-Mail: [info@inrseminars.com](mailto:info@inrseminars.com); website, [www.INRseminars.com](http://www.INRseminars.com)  
Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to [info@inrseminars.com](mailto:info@inrseminars.com) or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

# AN INTRODUCTION TO 'DECONSTRUCTING ANXIETY'

## Frequently Asked Questions

### Q: What do I have to do to complete the live Webinar successfully?

To obtain the contact hours associated with this course, the health professional will need to register and pay the tuition, sign-in (by typing in the chat-box), attend the course live, and complete the program evaluation form electronically. At the end of the program, after all the evaluation forms are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an introductory-level course.

### Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

### Q: What happens if I have technical difficulties watching or hearing a Webinar?

You can transfer the tuition paid to another Webinar. The Webinar can only be viewed live. A recording is not available.

### Q: My profession is not listed on the brochure. Is it possible to obtain continuing education credit?

Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at [info@biocorp.com](mailto:info@biocorp.com). The customer-service office can tell you if INR has approval for your profession.

## COURSE SUMMARY

"Deconstructing Anxiety" is a new approach for rapidly uncovering the root causes of anxiety. It introduces powerful techniques for releasing the resistances that keep anxiety alive, getting at their source and transforming them into a sense of high purpose and meaning.

There is a "core fear" at the root of all anxiety, expressing itself in five major universal themes of loss:

1. abandonment (loss of love)
2. loss of identity
3. loss of meaning
4. loss of purpose
5. fear of death

We develop our primary defenses as our best attempt to protect ourselves from these fears, but always at too great a cost. This leaves us constantly holding vigil, on the lookout for the resurfacing of the threat. We build our entire personality upon this fear-defense dynamic. When it gets out of control, an anxiety disorder develops. The theory and techniques discussed in this webinar will teach you how to uncover the core fear and chief defense quickly and reliably. Armed with this knowledge, new strategies for dismantling the chief defense are proving to be highly effective. Come prepared for an exciting adventure into the deepest regions of the unconscious, where the hidden fears at the source of our clients' difficulties live, making them available for rapid and deep transformation.

**Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses. Furthermore, the contents of these presentations are relevant to graduate level counselors; The presenter teaching the program has an advanced degree in the mental health field.**

## PROGRAM/LECTURE

### Overview of the Deconstructing Anxiety theory—40 minutes

- Concept of the "Core Fear"
- Concept of the "Chief Defense"
- Principle of "Doing the Opposite" of the Chief Defense

### Overview of the "Deconstructing Anxiety" Practices—40 minutes

- Digging for Gold: Finding the "Core Fear"
- Who are You Really? Finding the "Chief Defense"
- Defining "The Alchemist," "The Witness," and "The Warrior's Stance"
- Letting Go the "Resistance to Resistance"
- Vision Questing

### Evaluation, Questions, and Answers

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) define techniques for deconstructing the core fear and chief defense at the source of all suffering.
- 2) identify the five core fears that reveal a path to profound freedom, high purpose, and enduring fulfillment.
- 3) outline the principle of 'doing the opposite' of the chief defense to resolve anxiety..

## INSTRUCTOR

**Dr. Todd Pressman (Ph.D.)** is a clinical psychologist, author, and award-winning international speaker. He is the founder and director of the Logos Wellness Center and the Pressman and Associates Life Counseling Center. He earned his doctorate in psychology from Saybrook University and an undergraduate degree from the University of Pennsylvania.

Dr. Pressman has worked with Olympic athletes and corporate chief executives. He has presented at the prestigious Council Grove Conference (sponsored by the Menninger Foundation), the American Counseling Association, the International Association for Holistic Medicine and Nursing, and many others.

Dr. Pressman has numerous publications, including articles in the Journal of Humanistic Psychology and blog posts in "Psychology Today." His latest book, entitled "Deconstructing Anxiety: The Journey from Fear to Fulfillment," has received international attention and was voted one of the top 15 books on anxiety by a panel of mental health professionals. He has authored two other books, "Radical Joy: Awakening Your Potential for True Fulfillment" and "The Bicycle Repair Shop: A True Story of Recovery from Multiple Personality Disorder as Told by Patient and Therapist" (co-authored with Angela Fisher), as well as two audio learning programs.

Dr. Pressman has served on the Speakers Bureau of the American Heart Association and the President's Council for Physical Fitness and Sports. He was a member of the board of directors of Horizon House, a national organization dedicated to psycho-social rehabilitation for those who suffer from developmental disabilities.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

FINANCIAL: Dr. Todd Pressman is compensated by INR as an instructor.

NONFINANCIAL: Dr. Todd Pressman has no non-financial relationships to disclose.

## SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.