

Deconstructing Anxiety Intensive

By Dr. Todd Pressman, PhD

[Thursday, March 13, 2025 to Sunday, March 16, 2025](#)

For the 30 contact hour of continuing education credit, please register at <https://toddpresman.com/Intensive/> for the seminar itself. The INR registration is for your CE only. It does not register you for the actual webinar via Zoom.

INR Tuition for the CE only: \$150
Dr. Pressman charges separately for this four-day program.

COURSE DESCRIPTION:

With the revolutionary understanding that anxiety (fear) is at the root of all suffering, you will gain insight into the five core fears—“universal themes of loss”—we all share, including:

- abandonment (loss of love),
- loss of identity,
- loss of meaning,
- loss of purpose and
- fear of death.

We develop our primary defenses, usually early in childhood or at times of trauma, 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 fear. We build our entire personality upon this fear-defense dynamic. When it spins out of control, an anxiety disorder develops.

The theory and techniques offered in this workshop, such as “The Alchemist”, “The Witness” and “The Warrior’s Stance”, will teach you how to uncover the core fear and chief defense quickly and reliably. These will be understood as the architects of personality and the creators of our perceptual world. Armed with this knowledge, new strategies for “doing the opposite” of the chief defense and its secondary defenses have proven extremely successful in even the most anxious clients. Incorporating psychodynamics, mindfulness, Gestalt, CBT and transpersonal psychology, participants will undergo the actual techniques being presented, making for a rich and highly experiential presentation.

At the deepest level, we will pinpoint the precise moment where resistance is created and how to release it. This leads to the ultimate goal of letting go “the resistance to resistance”, a key to transforming our entire view of Self and redefining the limits of the human experience. The way is then paved for the final section on “Vision Questing”, wherein the five core fears are fully resolved, and one may live their lives with a solid sense of identity, meaning, purpose, love and even a true freedom from the fear of death.

Come prepared for an exciting adventure into the deepest regions of the unconscious, where the hidden fears at the source of our difficulties live, to bring them out into consciousness, available for rapid and lasting transformation.

During the “Deconstructing Anxiety Intensive” sessions, Dr. Pressman will review in detail:

- * Anxiety is the source of all suffering
- * Every problem deconstructs down to a single core fear

- * The core fear is maintained and aggravated by the chief defense
- * Healing anxiety is a matter of “doing the opposite” of the chief defense
- * There is a core defense underneath all chief defenses—the strategy of control
- * The final defense to work through is the “resistance to resistance”
- * When all five core fears are resolved, the “Vision Quest” opens a path to fulfillment

LEARNING OBJECTIVES:

At the conclusion of this entire training, participants will be able to:

- Describe the core fear/chief defense model of how personalities are developed.
- Explain why anxiety is at the source of all human suffering.
- Apply the principle of “Doing the opposite” of the chief defense in practice.
- Define the techniques of “The Alchemist”, “The Witness” and “The Warrior’s Stance.”
- Determine when to apply the techniques of “The Alchemist”, “The Witness” and “The Warrior’s Stance.”
- Utilize the techniques of “The Alchemist”, “The Witness” and “The Warrior’s Stance” in practice.
- Define the techniques of “resisting resistance” at the root of all defenses.
- Utilize the techniques of “resisting resistance” at the root of all defenses.
- Complete a “Vision Quest” for moving through anxiety with a “mighty purpose”

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INR Accreditation Information:

ADDICTION COUNSELORS:

INR is approved by **the NAADAC Approved Education Provider Program, Provider #182846.**

COUNSELORS:

NBCC ACEP No. 7156.

Institute for Natural Resources (INR) is recognized by the New York SED’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, **#MHC-0089.**

Institute for Natural Resources (INR) is recognized by the New York SED’s 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.

NURSES:

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 course provides 30 contact hours for nurses.

INR is approved by the California Board of Registered Nursing, Provider Number CEP06136, for 36 contact hours.

PSYCHOLOGISTS:

The Institute for Natural Resources (INR) is approved by the **California Psychological Association** (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.

Institute for Natural Resources (INR) is recognized by the New York SED's State Board for Psychology as an approved provider of continuing education for licensed psychologists **#PSY-0042**. Institute for Natural Resources is (INR) is recognized by the New York SED's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts. **#P-0036**. Institute for Natural Resources (INR), is recognized by the New York SED's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Creative Arts Therapists**. Provider Number **#CAT-0072**.

INR, under **Provider #00PO-942948967** from the **Ohio Psychological Association**—Mandatory Continuing Education Office, is an approved provider of continuing education for Ohio-licensed psychologists.

Under License # **PSY000214**, the **Pennsylvania Board of Psychology** has approved INR as a sponsor/provider of CE programs.

SOCIAL WORKERS:

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 6 continuing education credits.

Under **Sponsor #159-000260**, the **Illinois** DFPR has approved INR as a sponsor of continuing social work education.

Institute for Natural Resources (INR) is authorized by **Maryland Board of Social Work Examiners** as a CE sponsor and maintains full responsibility for this **Category 1** CE program.

Oklahoma State Board of Licensed Social Workers Provider Number CEP # **20230017**.

INR is an approved provider with the **Michigan Social Work Continuing Education Collaborative**. **Approved Provider # MICEC 021618**.

Under **Sponsor #197-000240**, the **Illinois Dept. of Pro Regulation** has approved INR as a CE sponsor for professional/clinical counselors.

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