



ANXIETY RELEASE PROTOCOL (ARP) FUNDAMENTALS CURRICULUM, OUTLINE & LEARNING OBJECTIVES

OVERVIEW

ARP is a PROTOCOL. It is an organized process that brings together various modalities in a structured format based on a unique foundation that empowers clients to end panic attacks and manage their anxiety. Unlike some specific modalities, a protocol acknowledges that no two brains are wired alike, and transformative work will require reflective flexibility to obtain both highest efficacy and quickest results.

Understanding the foundation of ARP gives you a new and practical way to deliver anxiety-relieving modalities. Some of the modalities and practical techniques discussed in the framework of the ARP protocol include Narrative Therapy, Emotional Freedom Technique & Exposure Therapy, Mindfulness (Including Focal Point Meditation for thought management skill development), Parts therapy, Gratitude Therapy, CBT and Thought Reframing, Emotional Regulation Wheel, and Somatic Techniques.

A generous supply of references, resources and tools will be made available through an online portal which are suitable for reprint and ready for in-session use with your clients/patients.

CURRICULLUM

Morning Topics: The Foundation of the ARP Protocol

1. Introduction to Neuroplasticity: Key components of neuroplastic change
2. Symptomology and Physiology of Anxiety including the Impact of systemic poverty, trauma and nutrition
3. Diagnosis and impact: The power of de-pathologizing
4. The Evolutionary Bias
5. Constructing Worldviews & The Thinking Process
6. Client-Centric Delivery and care
7. Mind the Gap: Unpacking the primary cause for all anxiety
8. The power of anthropomorphizing

Afternoon Topics: Skills and Technique Training

1. Thought Management 101
2. An Introduction to Mindfulness Skills (FPM) & Parts Therapy
3. Narrative Reframing Skills
4. Emotional Regulation Skills
5. Gratitude Therapy and the Keys to Happiness
6. Somatic Skill Practices
7. Introduction to Emotional Freedom Technique as Exposure Therapy
8. Filling the Gap – Intentional Living



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All workshops are delivered with the detailed intention to best pedagogical practices. It is our intent to ensure you leave having retained a minimum of 80% of what we share. A varied educational engagement process includes participatory lecture, videos, shared experiences through discussion, and hands-on participation.

Further, it is our intent that you will use this learning experience to make new connections for professional purposes including networking, referral sources and continued learning.

LEARNING OBJECTIVES

- A solid understanding of the framework or the Anxiety Release Protocol (ARP) and how to apply this framework to dramatically improve the efficacy of traditional anxiety treatment modalities
- Achieve a baseline or above competency in five primary anxiety treatment & maintenance techniques presented in the ARP protocol
- Achieve a baseline or above competency in two interventional skills
- Enhancement of the efficacy of provider/client (patient) communication
- Fine-tune your capacity for client-centric delivery of any modality and increase both the quality and effectiveness of provider-client communication.

*Some of these modalities are suitable in the treatment of depression – concurrent or otherwise

OUR GUARENTEE

Our workshops are purpose created to help you change the lives of others. We are committed to going beyond theory and delivering you practical skills that work. Engage in our full workshop and if at the end of the day you do not feel we have met this goal, speak to your instructor and a full refund will be issued.



TheWorkshopClinic.com 47 Queens Park Cres E. Toronto, ON M5S 2C3 1-800-699-3396