

## “Watch Your Language” Taking Anxiety, Depression and Trauma Treatment to the Next Level”

*By Virgil C Hayes,DO,MSW*

### TALKING POINTS

#### **Part One: Understanding & Conceptualization**

Understanding the Psycho/biological/neurological framework

Of how our thoughts, emotions, behavior, events shape our future; are influenced by our past and impact us in the present. The impact of nutrition, spirituality, and activity is also examined.

In this part of the presentation “Anxiety” and its role in creating depression, and contributing to a myriad of mental health challenges is explored. There is a de-emphasis on the medical model in understanding the creation of these problems. Chronic pain (both physical and emotional), PTSD, and other common clinical presentations are explored. Opportunities for reframing are also examined during this portion e.g., confusion, anger, anxiety, depression and interpersonal relationships are included in this portion.

#### **Part Two: Co-creation & Intervention**

An understanding of how problems are created naturally leads to a creation of solutions. This portion examines cases where Conceptualization and co-creation of solutions led to swift resolution of a myriad of personal challenges. **A special look at language we use internally and externally shall also be examined as well as its role in the therapeutic process.** Actual cases and modalities are referenced.

#### **Part Three: Taking your interventions to the next level...**

A summation of the presentation as well as suggestions for clinicians to overcome personal barriers impeding their personal/professional growth is explored. The use of words is reiterated; developing a healing vocabulary

*Questions/Optional relaxation & Personal Growth Exercise.*