Jennifer L. Abel  
Ph.D.

**Jennifer L. Abel, Ph.D.,** is an international speaker and clinical psychologist who has specialized in cognitive-behavioral and integrative treatment of anxiety disorders for over 20 years. Before opening a private practice, she served as the associate director of the Stress and Anxiety Disorders Institute at Penn State under the direction of the leading expert in Generalized Anxiety Disorder (GAD) T.D. Borkovec. Weekly brainstorming sessions with Dr. Borkovec and Dr. Lytle led to the development of numerous innovative techniques based on evidence-based approaches that effectively treat anxiety disorders and related problems such as insomnia, irritability and fatigue.

Dr. Abel, a scientist-practitioner, has many articles published in professional journals on the topic of anxiety and she wrote a pamphlet about GAD for ABCT. She has been quoted by several popular magazines (e.g., Health, Prevention, Glamour) for her expertise in worry and Generalized Anxiety Disorder. Dr. Abel presents speaking engagements to the public (e.g., Working Women’s Survival Show), as well as to professionals (e.g. Australian Psychological Society; Anxiety Disorders Association of America). She has appeared on “Great Day” KMOV TV (CBS Affiliate) to discuss anxiety and phobias. Her first book *Active Relaxation* received outstanding reviews from mental health care professionals and anxious readers alike. Her second book, *Treatment Resistant Anxiety, Worry, and Panic*, received praise from top experts in anxiety management.

**Speaker Disclosures:**

Financial: Jennifer Abel is in private practice. She receives compensation as a self-published author. Jennifer Abel receives a speaking honorarium from PESI, Inc.

Nonfinancial: Jennifer Abel has no relevant nonfinancial relationship to disclose.

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Margaret Wehrenberg  
Psy.D., Psychologist  
Wehrenberg and Associates

Margaret Wehrenberg, Psy.D., a licensed clinical psychologist, is the author of 6 books on the treatment of anxiety and depression, including her most recent book for the general public, The 10 Best Anxiety Busters. An expert on the treatment of anxiety and depression, she also has extensive training and expertise in the neurobiology of psychological disorders. She earned her M.A. specializing in psychodrama and play therapy with children. Dr. Wehrenberg has years of experience as a drug and alcoholism counselor, working with the U.S. Army in Germany and Lutheran Social Services in Illinois. She also has training in trauma treatment, EMDR and Thought Field Therapy. She has a private psychotherapy practice in Naperville, IL, specializing in treating anxiety. As a consultant, she is a sought-
after speaker for continuing education seminars, consistently getting the highest ratings from participants for her dynamic style and high quality content.

In addition to clinical work, she coaches business professionals on managing anxiety, she frequently contributes articles for *The Psychotherapy Networker* magazine, and she has produced Relaxation for Tension and Worry, a CD for breathing, muscle relaxation and imagery to use with anxious clients. Her book *The 10 Best-Ever Anxiety Management Techniques*, published by W.W. Norton, is a consistent top seller for anxiety management. You can find her on the web at www.margaretwehrenberg.com.

**Speaker Disclosures:**

Financial: Margaret Wehrenberg maintains a private practice. She is an author with W.W. Norton publishing and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Margaret Wehrenberg is a member of the American Psychological Association and the Anxiety Disorder Association of America.

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**Reid Wilson**

Ph.D., Director

Anxiety Disorders Treatment Center

Reid Wilson, Ph.D., is a licensed psychologist who directs the Anxiety Disorders Treatment Center in Chapel Hill and Durham, NC. He is also Adjunct Associate Professor of Psychiatry at the University of North Carolina School of Medicine. He is author of the just-released *Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry* and the classic self-help book *Don't Panic: Taking Control of Anxiety Attacks*. He is co-author of *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*, as well as *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*.

Dr. Wilson is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA) and Fellow of the Association for Behavioral and Cognitive Therapies (ABCT). In 2014, he was honored with the ADAA’s Jerilyn Ross Clinician Advocate Award - the highest national award in his field. He designed and served as lead psychologist for American Airlines’ first national program for the fearful flier and currently serves as the expert for WebMD’s Panic and Anxiety Community.

**Speaker Disclosure**

Financial: Reid Wilson is the director at the Anxiety Disorders Treatment Center. Dr. Wilson is an adjunct associate professor of psychiatry at the University of North Carolina School of Medicine. He receives a speaking honorarium from PESI, Inc.

Nonfinancial: Reid Wilson is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA); and Fellow of the Association for Behavioral and Cognitive Therapies (ABCT).
Judy Belmont
MS, Founder
Belmont Wellness

**Judy Belmont, MS**, has been a psychotherapist for 35 years, with a focus on practical, psycho-social and psycho-educational skills training. She is the author of PESI's popular 3 book series, *86 TIPS, 103 Group Activities and TIPS,* and *127 More Amazing TIPS & Tools for the Therapeutic Toolbox,* which offers practical, action-oriented strategies to help people develop healthy life skills.

She is also co-author of the self-help book *The Swiss Cheese Theory of Life.* Judy is a national speaker on various mental health and wellness topics for a variety of populations, including mental health professionals, women’s conferences and expos and as well as workplace wellness programs. She maintains a private practice in Allentown, PA.

Mary NurrieStearns
MSW, LCSW, RYT, Psychotherapist
Private Practice

**Mary NurrieStearns, LCSW, RYT,** has over 35 years of professional experience in mental health and maintains a counseling practice in Tulsa, OK. An advanced level yoga teacher and mindfulness student of Thich Naht Hahn, she is a long-time yoga practitioner and meditator. Mary is author of numerous articles on psycho-spiritual growth, author of *Yoga for Anxiety, Yoga for Emotional Trauma* and *Yoga Mind, Peaceful Mind* (2015) and co-editor of *Soulful Living.* Former editor of *Personal Transformation* magazine, she has produced audio CDs on the healing practices of mindfulness and compassion and DVDs on yoga for emotional trauma and anxiety. Mary teaches yoga, mindfulness, and meditation, teaches seminars across the United States and co-leads, with her husband, transformational meditation and yoga retreats. She has suffered from anxiety and emotional trauma and credits mindfulness practices for profound personal transformation.

An expert presenter, Mary’s seminars are light-hearted and filled with research, neuroscience and
experiential learning. Her wealth of knowledge about treatment of anxiety, depression and emotional trauma, familiarity with current research on yoga and mindfulness as treatment modalities, and her expertise in body/mind/spirit healing transform into powerful and easy to apply skills for mental health professionals. You will leave the seminar with something for yourself and your clients. To contact Mary or for information, go to www.personaltransformation.com.

Speaker Disclosure:


Nonfinancial: Mary NurrieStearns has no relevant nonfinancial relationship to disclose.

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