



The Wright Institute in conjunction with the Alameda County Psychological Association presents:

"Breathing Underwater: How Learning to Live Well with Debt Can Help You Personally and Professionally"

by Trevor Ahrendt, Psy.D.

Saturday January 27, 2018 10:00 AM – 1:00 PM
The Wright Institute | 2728 Durant Avenue | Berkeley, CA 94704

FREE for ACPA members, Wright Institute Students, Faculty, and Wright Institute Early Career Psychologists (graduated after 6/30/2010)

Non-ACPA Students with Student ID: \$25

Non-Students and Non-ACPA members: \$100

All fees credited toward ACPA membership dues for those who join ACPA at the event.

3 CE Credits Available

To register please go to

www.alamedapsych.org/breathing

Course Description:

Most people in America worry about money. A majority of Americans are in debt and student loans have ballooned to 1.4 trillion dollars. Debt and concerns about money are sources of tremendous anxiety, fear, shame, and embarrassment. And yet, psychology and psychotherapy has had very little to say directly about this topic.

In this workshop, the instructor will show how empirically validated therapy techniques can be applied to the areas of money, money anxiety, and debt. The presenter will share his experience of anxiety and embarrassment about his own student debt, and explain how he utilized techniques developed to treat addiction, anxiety, depression, and interpersonal difficulties to help himself manage money anxiety more effectively. Proven psychotherapy techniques will be applied to clinical work more broadly with patients. The presentation will also discuss and explore the larger political and social implications of money and debt. Participants will be invited to consider how to integrate these larger social issues into financial discussions with patients, as well as into their own relationship with money.

About the Presenter

Trevor M. Ahrendt, Psy.D. is a Licensed Clinical Psychologist (PSY26754) working in private practice in San Francisco where he sees adults, couples, and runs group therapy. He received his doctorate from The Wright Institute in Berkeley, CA. He serves on the board of the San Francisco Psychotherapy Research Group and the Northern California Group Psychotherapy Association. Dr. Ahrendt has provided

trainings to organizations and clinicians on addiction and chemical dependency, the therapeutic relationship, and mindfulness in therapy. He's provided trainings in varied settings, from Chowchilla Correctional Facilities, Options Recovery Services, Fort Leavenworth's Veteran's Affairs, and various Universities.

Dr. Ahrendt is passionate about making the insights of psychology, especially psychotherapy, accessible and directly applicable to many areas of life. His book, *How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress*, focuses on applying empirically validated treatment approaches and humanistic psychology to money and debt stress – one of the most widespread experiences of anxiety in American culture.

Learning Objectives

- 1) Participants will be able to list and describe the wide-spread nature of debt in American society.
- 2) Participants will be able name two impacts of debt on mental health and well-being in themselves, their patients, and in systems.
- 3) Participants will critique whether existing diagnostic systems and psychological approaches adequately address the suffering caused by wide-spread debt.
- 4) Participants will be able to describe two ways existing psychological/counseling approaches can be appropriately adapted to meet debt-related anxiety.
- 5) Participants will be able to compile a list of empirically-validated psychological treatments that will be effective in treating debt-related anxiety, including mindfulness-based interventions, schema focused therapy, and interpersonal therapy.
- 6) Participants will be able to begin discussing debt and money with patients.

Please note that APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credits.