



# I CAN'T STOP THIS FEELING: TARGETING DISGUST AND SHAME AS ALLIES IN AVOIDANCE (3CES)

Kristin Bianchi, Ph.D.

Hosted by the Northern California CBT Network

## DATE

Friday, March 22, 2024  
10:00am—1:00pm (PT)

## LOCATION

Zoom

(\*Although offered online, this webinar qualifies for "Live" CE credits because there will be interaction with the speaker. Please note, we do not record our webinars for distribution.)

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## FEES

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- Professional Member- \$50
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- Student - \$15

### Non-Members

- Professional - \$70
- Pre-Licensed Associate/Student - \$45

## CANCELLATION

If you register but cannot attend, please contact us. Refunds will be issued if requested prior to the event less a \$5 administrative fee. Refunds will not be issued if requested after the event.

## QUESTIONS?

Email [support@nccbt.net](mailto:support@nccbt.net).

## DESCRIPTION

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Across disorders, disgust and shame play unique roles in behavioral avoidance. The purpose of this presentation is to provide audience members with a deepened understanding of the emotions themselves, their functional contributions to avoidance, and the behavioral "antidotes" that counter these emotions' influence on suffering, isolation, and behavioral restriction. There will be time allotted for questions and answers. Attendees are encouraged to apply content from this presentation to case material of their own, and to raise de-identified, case-specific queries if they wish.

## LEARNING OBJECTIVES

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- 1) Attendees will be able to conceptualize disgust and shame by their physiological, attributional, and behavioral correlates.
- 2) Attendees will be able to delineate the main patterns of behavioral avoidance that frequently accompany disgust and shame.
- 3) Attendees will be able to develop transdiagnostic functional analyses of disgust- and shame-driven behaviors.
- 4) Attendees will be able to design client-specific, behavioral approach tasks to target disgust- and shame-driven avoidance.

## SPEAKER

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Dr. Kristin Bianchi is a licensed psychologist who practices at the Center for Anxiety and Behavioral Change in Rockville, MD. She specializes in treating anxiety, depression, OCD, and disorders of body-focused repetitive behaviors such as Excoriation Disorder and Trichotillomania. Most recently, she has expanded her scope of practice to include adult Autism. Kristin has a special interest in reducing shame, guilt, embarrassment, and perfectionism in all of the clients she treats. With humility, she strives to create safe, affirmative spaces that facilitate identity formation and expression. She is passionate about educating the community on mental health, and enjoys giving talks to diverse audiences.

### Continuing Education (CE) Credit

The San Francisco Bay Area Center for Cognitive Therapy is approved to offer 3.0 hours\* of continuing education (CE). No partial CE credits are granted.

Those who attend this workshop in full and complete the appropriate evaluation form will receive CE credits. Please note that the San Francisco Bay Area Center for Cognitive Therapy will issue credit only to those who attend the entire workshop. Those who arrive more than 15 minutes after the start time or leave before the workshop ends will not receive CE credits.

The San Francisco Bay Area Center for Cognitive Therapy (Provider Approval No.: CEN034) is approved by the California Psychological Association to provide continuing professional education for psychologists. The California Board of Behavioral Sciences (BBS) recognizes CE credit offered by any CPA-approved provider for license renewal for its licensees. The San Francisco Bay Area Center for Cognitive Therapy maintains responsibility for this program and its content.

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Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with individuals and companies who have a financial interest in activity content. These individuals include the CE Advisory Committee of the San Francisco Bay Area Center for Cognitive Therapy (SFBACCT) and the Leadership Committee of the Northern California Cognitive Behavior Therapy Network (NCCBT).

### Institutional Conflict of Interest Disclosure

The San Francisco Bay Area Center for Cognitive Therapy does not receive commercial support for any of the continuing education activities it provides.

### Individual Conflict of Interest Disclosure

- Kathrine Gapinski, PhD, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
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- John R. Montopoli, LMFT, LPCC, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Daniela J. Owen, PhD, SFBACCT CE Advisory Committee and NCCBT Leadership Committee, has no relevant financial relationships or conflicts.
- Katherine Schulz, LCSW, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Aleksandra Soykin, PhD, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Melinda White, LMFT, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.
- Bridget Whitlow, LMFT, NCCBT Network Leadership Committee, has no relevant financial relationships or conflicts.

### Speaker Conflict of Interest Disclosure

- Kristin Bianchi, PhD, Workshop Leader, has no relevant financial relationships or conflicts.

## REFERENCES

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