**MARGARET WEHRENBERG, Psy.D.**

Licensed Clinical Psychologist

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**LICENSED PSYCHOLOGIST**

Licensed in Missouri as Psychologist and Health Care Provider, 2002.

Licensed in Illinois as Psychologist, 1994.

**INTERNATIONAL TRAINER**

Dr. Wehrenberg has provided trainings across the Unites Sates and Canada, Australia and Cuba on topic of anxiety management, including managing presentation anxiety

**COACH**

In additional to psychotherapy, Dr. Wehrenberg provides coaching to professionals on their presentation skills, managing stress and anxiety and becoming more confident in public settings.

**AUTHOR**

* Stress Solutions: 10 Effective Strategies to Eliminate Your Stress. Self-published and revised in 2005. (Also available in Spanish, 2008)
* The Anxious Brain: The Neurobiological Basis of Anxiety Disorders and How to Effectively Treat Them (2007) W.W. Norton: New York.
* The 10 Best-Ever Anxiety Management Techniques, Revised Edition (2018) W.W. Norton: New York.
* The 10 Best-Ever Depression Management Techniques (2011) W.W. Norton: New York.
* The 10 Best-Ever Anxiety Management Techniques Workbook, Revised Edition (2018) W.W. Norton: New York.
* Anxiety + Depression: Effective Management of the Big 2 Co-Occurring Disorders (2014) W.W. Norton: New York
* The 10 Best Anxiety Busters (2015) W.W. Norton: New York.
* You Can Handle It: 10 Steps to Shift Stress from Problem to Possibility (2017) PESI
* Tough to Treat Anxiety: Hidden Problems, Effective Solutions (2017) W.W. Norton: New York
* The Psychotherapy Networker magazine has published 8 articles authored by Wehrenberg
* Dr. Wehrenberg blogs for Psychology Today Online
* Also produced a CD for relaxation exercises.

**EDUCATION:**

Psy.D. Illinois School of Professional Psychology. 1992.

M.A. Lindenwood University. St. Charles, MO

M.A. Psychological Counseling. "With Distinction" 1976

B.A. Valparaiso University, Valparaiso, IN

Speech/Drama. "With Distinction" 1970

**PROFESSIONAL EXPERIENCE:**

1985- present Psychologist

Wehrenberg and Associates, Naperville, IL

Owner, Private Group Practice

Psychotherapy, Consultation, and Training Services.

Specializing in treatment of anxiety disorders.

1990 Trainer and Speaker. Provides training for a wide variety of international providers of continuing education for mental health professionals in

psychotherapy theory and methods.

These trainings involve preparing the curriculum to the

specifications of the institute, identifying and developing new

concepts for the training, preparing the presentation and the study

materials, and presenting the materials in day long seminars.

1996 Founded the Anxiety Treatment Network.

2001 Established a program and a network of professionals for the systematic treatment of anxiety disorders.

1995 Psychological Training Consultants Group.

2001 Provide consultation to business and community groups about

communications, employee relations, stress management, and

health issues related to employment. Provide training to mental

health professionals via supervision, and formal training programs,

such as internships/post-doctoral positions.

**AFFILIATIONS:**

Member, Anxiety Disorder Association of America

Member, American Psychological Association

**RELATED EXPERIENCE:**

- 1983 -1991 - Certified Addictions Counselor in Illinois

- For 7 years (until 1999) a member by invitation of Lisle, IL, In-Touch

Commission for community prevention of drug/alcohol abuse

- Trainer and Consultant on issues related to addictions and mental health

- Public performances in theater and choral groups.

**SUMMARY OF QUALIFICATIONS:**

More than 40 years direct clinical experience. Highly skilled teacher and presenter in wide range of topics related to mental health, business communications and sales skills. Specialized training in: Anxiety disorders including trauma and O.C.D., Reflex Delay Syndrome (RDS), treatment of dual diagnosis, addictions, sexual abuse, and psychodrama.

Additional Qualifications Include:

* Trained in E.M.D.R. (Eye Movement Desensitization and Reprocessing) Levels I and II in 1993 and have extensive experience in using EMDR with PTSD and anxiety disorders of all kinds, including with children. Have continued education in EMDR and utilize this method with professionals, in sales or management for issues with anger management, public speaking, fear of flying, and peak performance.
* Trained in Thought Field Therapy, Levels I and II. (TFT is one version of Energy Therapy)
* Continuing education in psychological testing includes training in the 16PF, Rorschach, Millon Clinical Inventories, and Adult Attention Deficit Disorder Screening
* Previously licensed in Illinois as an Insurance Producer for property and casualty, life and health and variable products
* Previously licensed as Series 6, 63, and 26 by the NASD to sell mutual funds and variable insurance products.

CLINICAL

- extensive experience with dually diagnosed individuals in hospital,

community service, and private practice settings.

- designed and implemented a model for integration of Twelve Step

Self-Help program principles into the psychotherapeutic process.

- successful in treatment of special populations: women with

multiple addictions, incest and physical abuse survivors,

obsessive-compulsive disorders, panic disorders.

TRAINING AND CONSULTATION:

- Dynamic and original public speaker, consistently rated as

excellent in both content and presentation by peers, students,

and community audiences.

- Proficient in and comfortable with a variety of topics and

presentation settings: classroom, lecture, experiential clinical

training, panel discussion, and television/radio.

- Frequent consultant to schools, community service organizations,

and religious institutions on a wide variety of topics, including

successful application for grant monies.

**PUBLICATIONS**

The 10 Best Anxiety Busters. (2015) W.W. Norton: New York

Anxiety + Depression . (2014) W.W. Norton: New York.

The Ten Best-Ever Anxiety Management Techniques Workbook (with CD). (2012) W.W. Norton.

The 10 Best-Ever Depression Management Techniques (2011) W.W. Norton: New York.

The Ten Best-Ever Anxiety Management Techniques. (2008) W.W. Norton.

The Anxious Brain: The Neurobiological Basis of Anxiety Disorders and How to Effectively Treat Them. (March 2007) W.W. Norton.

Cure or control? Depression as a chronic condition” Psychotherapy Networker, Nov/Dec 2014

 Habits vs. Addictions” Psychotherapy Networker, Nov/Dec 2013

“Deconstructing Depression” Psychotherapy Networker, Nov/Dec 2010.

“Technotrap” Psychotherapy Networker, Mar/Ap 2008.

“The Ten Best-Ever Anxiety Treatment Techniques” Psychotherapy Networker. Sep/Oct. 2005.

“Turning I Can’t Into I Will” Psychotherapy Networker. Mar/April 2004

“Is Relief Just a Swallow Away?” Psychotherapy Networker. Nov/Dec 2003.

Stress Solutions: 10 Effective Strategies to Eliminate Stress. 2000. Self published book.

Healthy Thinking – Healthy Living, a bi-monthly newsletter article written for two years 1996-1998.

**Curricula and Presentations: Training Titles and Topics**

As a trainer for 25+ years, I develop current topics or can provide a list of topics from prior years on request

**References available on request**