

## SEMINAR OUTLINE

### GOD KNOWS ABOUT YOUR ANXIETY

What is anxiety?

The Four Keys to Overcoming Anxiety

- Emotional Recognition
- Emotional Regulation
- Emotional Relearning™
- Emotional Reliving

### HOW DID I GET HERE?

- Understand how our brain works
- The Learning Brain
- Three stages of learning
- The Re-learning Brain

### WHAT DO I DO NOW?

#### Emotional Recognition

- Be aware of you
- Pay attention to your thinking
- Practice body scanning
- Learn your triggers
- Seven things you can do about worry

#### Emotional Regulation

- Get away from reacting
- Move toward being receptive
- Regulate your body
  - Posture
  - Grounding yourself
  - Breathing
  - Relaxing
- Regulate your mind
  - Imagination
  - Reflection
  - Biblical Affirmations
  - Belief Exchange
  - Emotional Relearning
  - Memory Reconsolidation
- Use Believe Exchange
  - Five questions to ask yourself
- Using Word of God—Battle for the mind

#### Emotional Re-Learning

- Approach emotional re-learning three important ways
- Learn how to change your emotional responses
- Learn how to desensitize and regulate your anxiety.
- Eight Steps of Emotional Relearning
- Change your memory—change your life
- Spiritually Going Deeper



# OVERCOMING ANXIETY

An Emotional Relearning™ Approach



- Are you living with DREAD and ANXIETY?
- Does WORRY consume you?
- Are you having PANIC ATTACKS that seem to be out of control?
- Are you AFRAID to go certain places or do certain things?
- Are you SELF-MEDICATING to get rid of your anxious thoughts? *Now you can learn how to regulate, bounce back from, and even eradicate anxiety, worry, and fear.*

## JOIN US FOR THIS 8-HOUR SEMINAR!

### YOU WILL ALSO RECEIVE:

- 100-page workbook featuring the 8 seminar lessons
- Lunch and two snacks
- Free access to our online Emotional Resilience class
- **BONUS BOOKLET** “Let God Renew Your Mind Through Biblical Affirmations, Prayers and Devotions”

**ONLY \$25!**

Pre-register price is \$25 | \$35 at the door

**SATURDAY, MARCH 5, 9:00 AM - 5:30 PM**

**Moraine Valley Church**

6300 W. 127<sup>th</sup> St. Palos Heights IL 60463

FOR MORE INFORMATION OR TO REGISTER [www.ronovitt.com/mvc](http://www.ronovitt.com/mvc)

**EMPOWER**  
MINISTRY

# OVERCOMING ANXIETY

An Emotional Relearning™ Approach

*Learn how to regulate,  
bounce back from, and even eradicate  
anxiety, worry, and fear.*

**JOIN US IN PERSON OR ONLINE  
FOR THIS 8-HOUR SEMINAR!**

*Find the emotional strength and freedom  
you are looking for!*



**JOIN** Ron Ovitt, author, pastoral counselor, recovery coach and learn how you can become more emotionally resilient. You don't have to be at the mercy of your emotions.

*Come find out how!*

### THE 4 PHASES OF EMOTIONAL RESILIENCE



**EMPOWER**  
MINISTRY

# OVERCOMING ANXIETY

An Emotional Relearning™ Approach

*Learn how to regulate, bounce back from, and even eradicate anxiety, worry, and fear.*

We are emotional beings. Our emotional thinking leads us to many immature beliefs about ourselves and life. Unchecked, these immature beliefs will stay with us and result in emotional difficulties like anxiety. We are also adaptive and can learn coping skills. But coping isn't enough. We need change!

## YOU CAN OVERCOME ANXIETY WITH EMOTIONAL RESILIENCE

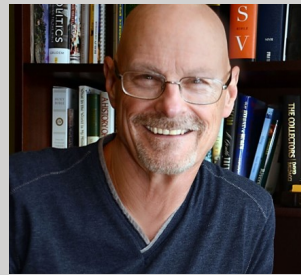
Emotional Resilience is broken into four phases.

- **Emotional Recognition.** The ability to know when we are having an emotional episode; learning to listen to our body and senses and perceive when something is bothering us.
- **Emotional Regulation.** Building the capacity to return to peace and joy from painful emotions, allowing us to be receptive and reflective rather than reactive.
- **Emotional Relearning™.** Replace emotionally learned lies about ourselves and life with positive truth--emotionally with our mind and heart.
- **Emotional Reliving.** Using effective skills to live in emotional freedom and exercise resilience in our daily life.



Available at  
**amazon**

BOOKS BY RONALD OVITT



## MEET RONALD OVITT

Ron Ovitt is an author, ordained minister, pastoral counselor, recovery coach, podcaster, and public speaker. Ron's journey has influenced his writing and speaking. He comes to this seminar with personal knowledge of anxiety and depression. His quest led him to study the integration of Christianity and Psychology.

Ron has studied both at the undergraduate and graduate level in Clinical Psychology and has participated in many different seminars and courses. Well read in the latest research, Ron has a grasp on the latest in neuroscience, trauma recovery, and anxiety and has training in practices such as Neurofeedback, EMDR, CPT, Poly Vagal Theory, Somatic Experiencing, and PTSD Growth techniques.

What is taught in this seminar is more than head knowledge. It is experiential knowledge coming from his work with people of varying backgrounds. Ron has had successful recovery and homeless ministries, and has taught Emotional Resilience to hundreds of people in-person and has an online following of thousands.

Ron's theory of Emotional Relearning™ came out of his journey and counseling with many over the years. Ron soon learned that what triggered people emotionally were deep-seated, negative beliefs about themselves, others, and life. Often outside of our awareness, we can remain at the mercy of our emotions and change can remain out of reach. Negative beliefs learned early in life were learned emotionally—embodied, felt beliefs that are real. But these negative beliefs can be exchanged with new, accurate ideas that contradict the old belief. Through this seminar, you will learn how you, too, can identify your negative beliefs and begin to replace them with a positive and life-giving truth.

**EMPOWER**  
— MINISTRY —

**In this seminar you will receive eight seminar lessons featuring these topics and more!**

- What are the three forms of anxiety.
- How our brain and nervous system learn to become anxious.
- How the plasticity of the brain allows us to change.
- What anxious thoughts and beliefs cause you anxiety.
- How you can learn new healthy truths to combat the negative lies that you are believing.
- Different ways to regulate your emotions.
- How to stop panic attacks and intrusive thoughts.
- How to go from being reactive to receptive and reflective.
- Different emotional regulation techniques, like positive posture, grounding, breathing, relaxing, affirmations, and imagination.

## PLUS you will receive:

- Lunch and two snacks
- Free access to our online Emotional Resilience class
- PLUS A BONUS BOOKLET - Let God Renew Your Mind Through Biblical Affirmations, Prayers and Devotions

**ALL THIS FOR ONLY  
\$25 (Pre-register)  
\$35 at the door.**



For more information or to buy your ticket go to  
[www.ronovitt.com/mvc](http://www.ronovitt.com/mvc)

## WHAT PEOPLE ARE SAYING ABOUT RON OVITT'S EMOTIONAL RESILIENCE TEACHING

*Both personally and professionally, I can enthusiastically endorse Ron Ovitt's seminars on Emotional Resilience. His teaching cultivates hope that we can have emotional expression without being destructive. His focal points of emotional recognition, regulation, and re-learning are keys to developing greater emotional maturity.*

**Hank Zwirkoski, NCC, LCPC, LMHC-CCI Therapist at Couple Counseling Intensives of the Ravines Retreat Center**

*Such powerful teaching and resources! Ron has opened our eyes to various life issues that we are facing and how to deal with them.*

**Ava P., Women's Ministry Director, Moraine Valley Church**

*Ron's teachings have made a significant impact on my life and those that have attended Emotional Resilience.*

**Rev. Howard Hoekstra, Downers Grove Church, IL**

*I have been attending Ron's class for over four years. With new research and material being added, along with valuable repetition and practice of the skills I've learned, the quality of my life has no doubt improved. Not only have I applied his teaching to my personal life, but also in my career working with women and girls in recovery from substance abuse, eating disorders, mood disorders, and post-traumatic stress.*

**Dee Kostelyk, BHA at Timberline Knolls Residential Treatment Center**