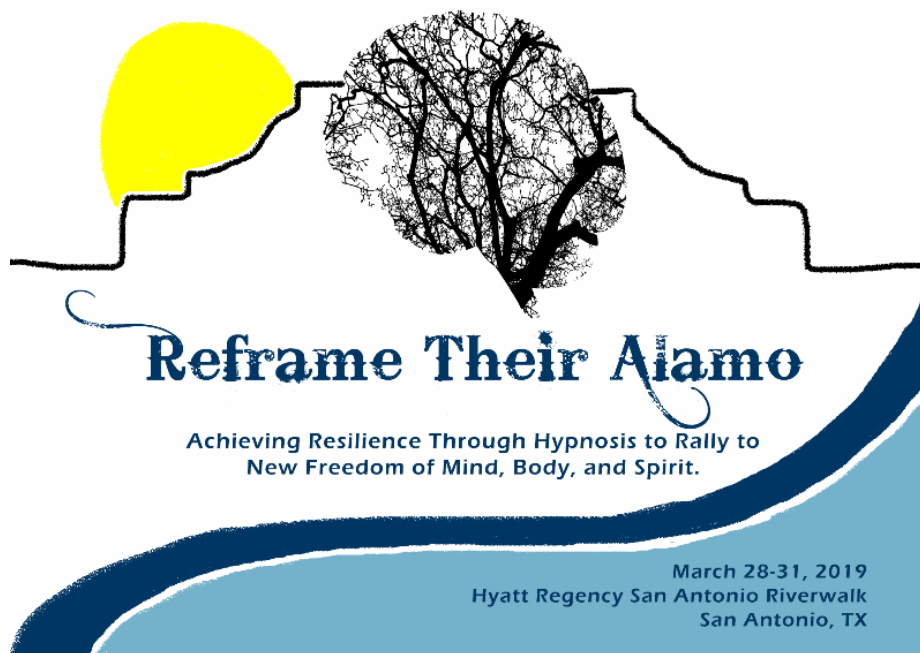


Catch up with the latest ASCH news!



Issue #21, December 2018

Registration is Now Open for the 2019 Annual Meeting



[Online registration is now available here.](#)

Upcoming ASCH Business Meetings

The 2019 ASCH Membership Meeting will be held on Friday, March 29, 2019 from 6:30-7:30 am at the Hyatt Regency San Antonio Riverwalk located at 123 Losoya Street in San Antonio, TX.

The 2019 ASCH Board of Governors Meeting will be held on Friday, March 29, 2019 from 7:30-11:00 pm at the Hyatt Regency San Antonio Riverwalk located at 123 Losoya Street in San Antonio, TX.

Both meetings are open to all ASCH members.

Holiday Donation

In the spirit of the season, we are asking you to consider donating to The ASCH-ERF Mutter Scholarship Fund for Student and Early Career Professional Training. This fund will be used to assist students and early career professionals to attend ASCH-ERF programming throughout the year.

Each donation is tax deductible (Tax ID: 36-2427458), so make the donation by the end of the year to include it on your 2018 taxes.

[Click here to donate now.](#)



2019 ASCH-ERF Workshop at Sea

Join ASCH-ERF for our 2019 Workshop at Sea January 20-27, 2019 on Holland American cruise through the Mexican Riviera where [Carolyn Daitch, PhD](#) will present "Healing Anxiety: Evidence Based CBT, Mindfulness and Hypnosis."

Workshop participants will learn practical interventions that are applicable to the treatment of panic, generalized anxiety disorder, phobias, social anxiety disorder, and post-traumatic stress disorder.

In addition, health care providers with medical and dental specialties will learn approaches to address procedural anxiety, medical avoidance as well as strategies to address somatic responses. The presenter will introduce a powerful, integrative therapy model that combines: Hypnosis, Mindfulness, and Cognitive Behavioral Therapy.

These approaches work together to help patients feel more empowered when flooded with anxiety. If you want to gain skill crafting the best treatment plan for each patient's individual needs, this workshop offers a springboard for your creativity and an invaluable addition to your therapeutic toolkit.

Dr. Carolyn Daitch, an internationally renowned psychologist, trainer, author, and presenter, teaches individuals and groups to recognize and manage stress and anxiety. Dr. Daitch, who has 35 years of thriving clinical experience, is the director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, Michigan.



Space in this workshop is limited.

Click [here](#) for more information or to register for this workshop.

Upcoming ASCH-ERF Regional Workshops

- May 2-5, 2019 Seattle Marriott Bellevue; Bellevue, WA
- June 20-23, 2019 Crowne Plaza Old Town Alexandria; Alexandria, VA
- September 19-22, 2019 DoubleTree Hotel Chicago- Oak Brook; Oak Brook, IL
- October 17-20, 2019 Embassy Suites by Hilton Dallas Park Central Area; Dallas, TX
- December 5-8, 2019 Rosen Plaza; Orlando, FL

[For more information, or to register, click here.](#)

Where in the World?

We are returning the Where in the World contest.

Please, guess where in the world this picture was taken for a chance to win an \$10 Amazon gift card!

Send your guesses to herald@asch.net.



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