



SKYWOOD
RECOVERY

Skywood Recovery- Spotlight Series

1.5 MCBAP Related & 1.5 Social Work CEU Credits

April 21st, 2026 11:30am-1:00pm

Location: Virtual on Zoom

[Click to Register](#)

Panic to Power: Understanding Anxiety through Intensive Short Term Dynamic Psychotherapy **Featured Talk:**

Speaker: Chloe Metzger, LMSW

Description Of Training:

In this training you will learn how to identify, effectively regulate, and get to the root of what is driving your client's anxiety in session. As therapists we may wonder why some clients drop out or do not progress. This can be a result of anxiety symptoms which we are unaware of. Join us for an interactive training, with video and skill building exercises included, to learn how to listen with your eyes for unconscious anxiety in session, and how to co-create an anxiety-regulating relationship that produces positive, lasting change."

Objectives of Training:

- What is anxiety?
- Different ways anxiety presents within our clients
- Importance for anxiety regulation in therapy
- How and when to intervene/regulate anxiety
- What to do after a client's anxiety is regulated

Contact for questions:

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This training/event has been approved by the NASW-Michigan Chapter for 1.5 synchronous General social work CEs.