Foundations of CBT for Anxiety Disorders
(4 or 5 day program)

Workshop Introduction:

The Foundations of CBT for Anxiety Disorders provides health professionals with an opportunity to increase knowledge and practice in CBT as applied to high prevalence mental health disorders such as anxiety and depression.

Workshop Aims:

The focus of the workshop is to provide an overview of anxiety disorders and how to conduct structured assessment treatment plans. Participants will learn how to conduct a structured CBT based assessment to determine suitability for a behavioural treatment program and enable participants to inform clients about the principles of exposure therapy and the effectiveness of the treatment.

Participants will have opportunities to engage in role-plays and receive feedback and guidance on clinical skills and interviewing techniques. Successful completion of the 5-day program and associated assessments can account for credit in topic (MHSC8021) in the Mental Health Sciences postgraduate programs at Flinders University.

Register Online:


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