Advanced CBT for Anxiety Disorders
(4 or 5 day program)

Workshop Introduction:

The Advanced CBT for Anxiety Disorders provides health professionals an opportunity to expand and consolidate knowledge and practice in CBT as applied to more severe and complex mental health disorders. This advanced skills development workshop focuses specifically on cognitive theories and clinical applications utilising cognitive strategies.

Workshop Aims:

To provide an overview of cognitive theories and clinical applications for clients with severe and chronic mental health disorders. Provides opportunities for participants to practice assessment techniques, deliver cognitive conceptualisation rationales and treatment techniques. Equip participants with an understanding of the importance of collaborative assessment techniques, specifics of a cognitive assessment and treatment plan and key components of cognitive therapy in practice.

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 (MHSC8025) in the Mental Health Sciences postgraduate programs at Flinders University.

Register Online:

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