



Course: a neuro-cognitive update on the understanding of anxiety disorders

Address: <https://asadis.net/en/course/a-neuro-cognitive-update-on-the-understanding-of-anxiety-disorders/>

Duration: 2h30

Type of course: Continuing education

Location: Online course

Individual price: \$96.00

Overview:

Learning objectives:

1. Differentiate between adaptive worry and pathological worry
2. Identify at least three cognitive mechanisms that maintain chronic worry in generalized anxiety disorder
3. Identify positive and negative beliefs about worry and explain how they contribute to the maintenance of GAD
4. Explain how intolerance of uncertainty influences emotions and their regulation in GAD clients; Explain how elevated anxiety symptoms contribute to accelerated cognitive decline

Learning material:

A theoretical course illustrated with clinical examples. This course consists of videos of 5 to 15 minutes each. The course PowerPoint is available for download.

Audience: This course is intended for all mental health professionals.

The expert

Syllabus

PowerPoint

Introduction

Understanding GAD

Anxiety

Generalized Anxiety Disorder

High Worriers vs GAD Patients vs Other Anxiety Patients

Worry

Positive Beliefs About Worry

Poor Problem Orientation

Cognitive Vulnerabilities and Maintaining Mechanisms

GAD and Intolerance of Uncertainty

IU Biases Emotional Experience

Is IU a Cognitive Vulnerability Specific to GAD?

Waiting Well

Negative Beliefs about Worry

Chronic Worry Protects Against Abrupt Shifts

Attentional Bias, Cognitive Control, and Threat Controllability

Etiology and Biology

Etiological Factors: Genetics

Genetic Factors

Environmental & Developmental Factors

Anxiety and Stress

Nervous System Activation and the HPA Axis

Chronic Stress and Hippocampal Damage

Brain and GAD

Conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at contact@asadis.net