



## **Course: cbt for generalized anxiety disorder: a clinician's guide**

**Address:** <https://asadis.net/en/course/cbt-for-generalized-anxiety-disorder-a-clinicians-guide/>

**Duration:** 3h30

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$95.00

### **Overview:**

Generalized Anxiety Disorder (GAD) is unique among anxiety disorders for its pervasive and shifting nature. Clients often describe their worry as uncontrollable, with new concerns arising as quickly as others are resolved. Treating GAD can feel like chasing a moving target.

This workshop, facilitated by Dr. Deborah Schwartzman, an experienced clinical psychologist, is thoughtfully designed for mental health professionals seeking to enhance their expertise in addressing the complexities of Generalized Anxiety Disorder (GAD). Through a structured Cognitive Behavioral Therapy (CBT) protocol, participants will develop the skills to assess, conceptualize, and design effective, personalized treatment plans tailored to clients with GAD.

The workshop covers essential components, including anxiety-management and attention-control training to regulate physiological arousal and enhance concentration, cognitive interventions to identify and modify distorted thoughts and schemas, and exposure interventions to gradually confront and desensitize clients to anxiety-provoking stimuli.

Participants will also learn evidence-based behavioral strategies to foster adaptive coping skills and establish behaviors aligned with the clients' values, and implement relapse prevention techniques to maintain therapeutic progress.

By the end of this workshop, participants will be equipped with practical, evidence-based tools to deliver effective, individualized CBT interventions, ultimately enhancing the long-term mental health and well-being of

their clients.

**Learning objectives:**

1. Conduct a comprehensive assessment of Generalized Anxiety Disorder (GAD) and associated comorbidities.
2. Develop a CBT case conceptualization for GAD, integrating core beliefs, cognitive distortions, and relevant psychosocial factors to inform a personalized treatment plan.
3. Implement the most effective CBT interventions for GAD.

**Learning material:**

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

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

**The expert, Dr. Deborah Schwartzman**

Dr. Deborah Schwartzman is an experienced psychologist who provides clinical services to a wide variety of clients and patients. She however specializes in providing support and treatment for individuals struggling with post-traumatic stress disorder, anxiety disorders, and mood disorders. She has extensive research and clinical experience in Cognitive Behavioural Therapy (CBT), a well-established and evidence-based approach. In addition to her clinical work, Dr. Schwartzman provides clinical training and supervision to graduate students and interns as well as mental health professionals.

**Syllabus**

PowerPoint

Introduction

What is GAD?

Worry, Fear, and Anxiety

Understanding GAD- Prevalence, Onset, and Key Factors

Maintaining Factors, Impact, and Comorbidities

CBT and Medication

Differential Diagnosis

Assessment Instruments

CBT Model and Treatment Components

Managing General Anxiety: Education, Monitoring, and Techniques

Psychoeducation

Symptom Monitoring

Anxiety-Management & Attention-Control Training

Additional Strategies

Cognitive Interventions

Interventions for Current Problems

Interventions for Hypothetical Worries

Identifying Cognitive Distortions

Identifying Schemas

Example- Challenging Positive Beliefs About Worry

Example- Challenging Negative Beliefs About Worry

Behavioral Interventions: Safety Behaviors, Avoidance & In-Vivo Exposure

Identifying Safety Behaviors

Identifying Exposure Situations

In-Vivo Exposure

Additional Considerations for In-Vivo Exposure

Additional Behavioral Interventions

Additional Skills Training and Values-Based Goals

Long-Term Management of GAD, Relapse Prevention & Termination

Case Example

Conclusion

Bibliography