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: $128.00

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, psychologist, 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

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*