Course: cbt for panic and health anxiety

Address: https://asadis.net/en/course/cbt-for-panic-and-health-anxiety/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Panic attacks frequently occur alongside other anxiety disorders or mental health conditions, including health anxiety (formerly referred to as hypochondriasis).

In this workshop, Dr. Ludgate will revisit the CBT models for panic attacks and health anxiety, offering practical, evidence-based interventions to address these profoundly impairing disorders.

Participants will gain insights into:

• The CBT model of anxiety
• Understanding the perception of risk and resources
• The CBT framework for panic attacks
• Psychoeducation techniques
• Cognitive restructuring methods
• Exposure-based interventions
• The CBT approach to health anxiety
• Recognizing and reframing misinterpretations of bodily sensations
• Strategies for reattribution and decatastrophizing

This comprehensive workshop will equip attendees with the tools needed to implement effective strategies for achieving optimal clinical outcomes and preventing relapse.
Learning objectives:
1. Understand the CBT model of panic attacks

2. Implement CBT interventions for panic disorder
3. Acquire a CBT conceptual model of health anxiety
4. Implement techniques which can be used in treating health anxiety

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. John Ludgate is a licensed psychologist and Founding Fellow of the Academy of Cognitive Therapy, where he serves on the Credentialing Committee. He received his clinical training directly under Dr. Aaron Beck, the founder of Cognitive Therapy, at the Center for Cognitive Therapy in Philadelphia.

With over 30 years of clinical practice specializing in mood disorders, anxiety disorders, and relationship problems, Dr. Ludgate maintains an active practice at the CBT Center of Western North Carolina in Asheville while providing advanced training and supervision in Cognitive Behavioral Therapy to mental health professionals internationally.

Dr. Ludgate is the author of Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients, the seminal clinician guide that translates longitudinal outcome research into practical relapse prevention protocols. His other influential publications include CBT Couples Toolbox, Cognitive Therapy with Inpatients: Developing a Cognitive Milieu, Overcoming Compassion Fatigue: A Practical Resilience Workbook, and Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness.

His research on predictors of long-term outcome in CBT for depression, including a landmark 5-year follow-up study of 80 depressed outpatients, has informed evidence-based approaches to risk stratification and maintenance planning. Dr. Ludgate has published extensively in peer-reviewed journals and contributed chapters to major cognitive behavioral therapy texts on relapse prevention and treatment outcome.

His presentations and workshops on CBT approaches to anxiety, depression, relapse prevention, and relationship problems have reached audiences across North America, Europe, and Asia. His clinical work focuses on translating longitudinal outcome research into systematic protocols that therapists can implement throughout the treatment arc, from acute intervention through maintenance and booster sessions.

Syllabus
PowerPoint
Presentation
Overview of CBT for Anxiety

CBT Model of Anxiety
Additional Important Dimensions of Anxiety
CBT for Panic Disorder
Criteria and incidence
Cognitive Themes in Panic
CBT Model of Panic Attacks
CBT Assessment Panic Disorder
Evidence Base
CBT for Panic Disorder
Re-Attribution-Generating Alternatives
CBT for Panic Cont.
Exposure Methods
CBT for Health Anxiety
Illness Anxiety Disorder- Prevalence
Health Anxiety-Illness Anxiety Disorder
Differential Diagnosis
CBT Model- factors which maintain health anxiety
CBT Model of Health Anxiety
CBT Assessment
Engaging the Client
Targets for CBT Where Health Anxiety is Present
Re-Attribution-Generating Alternatives and De-Catastrophizing in HA
Dysfunctional Assumptions to Identify and Challenge
Conclusion
Additional Resources
Handouts

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*