

UNIFIED CBT FOR SOCIAL ANXIETY

Booking link : <https://unifiedcbt.com/workshops/>

Website: <https://unifiedcbt.com/>

Contact: Dr Sanjay Rao Email: info@unifiedcbt.com Phone: 1-888-691-6111

MEET YOUR TRAINER

Dr. Sanjay Rao

DIRECTOR OF UNIFIED CBT & PROFESSOR OF PSYCHIATRY, MBBS, MD, FRCPSYCH, FRCPC, MBA

Dr. Sanjay Rao, the director of Unified CBT Academy, is an experienced teacher and Associate Professor of Psychiatry at the University of Ottawa. He has delivered over 250 workshops in Cognitive behavioural therapies, presented in national, international conferences and published in several scientific journals. He has trained in CBT, DBT, Mindfulness-based therapies, and strength focussed coaching. Throughout his career, he was awarded a Fellowship of the Canadian Association of Cognitive Behavioural therapy for his contribution to CBT in Canada and has received an award from the Department of Health, UK for CBT development.



COURSE DETAILS

DATE

Friday April 17, 2020

TIME

10:00 am-4:30 pm(ET)

VENUE

Webinar

BOOKING LINK

<https://unifiedcbt.com/workshops/>

FEES

Early Bird Fee: \$199 (until Mar. 16th 2020)

Student Fee: \$180

Full Fee: \$225

COURSE DESCRIPTION



Social anxiety disorder is one of the commonest anxiety disorder in the community. Clients do not have to endure unnecessary suffering when cognitive behavioural therapy- the first-line treatment of social anxiety- is effective in the majority of cases.

This workshop provides an overview of DSM diagnosis, key theories and treatment modalities for social anxiety disorder.

Get an insightful understanding of experiential cognitive and exposure-based exposure treatment of social anxiety. Enhance your confidence in providing therapy by following a step by step specific protocol rather than all too common generic 'thought mood' stereotypes of CBT formulation.

Hear an expert present with illustrated real case examples and tips to manage co-morbidities. Reinvigorate your practice by using high yield techniques from specific CBT for social anxiety based

on research-tested formulations.

Registration is open to those who have an independent practice or is a student working towards independent practice.

Course attendees will receive a certificate of attendance from the Dept of Psychiatry, University of Ottawa.