

UNIFIED CBT FOR GENERALISED ANXIETY DISORDER

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 24, 2020



TIME

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



VENUE

Webinar



BOOKING LINK

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FEES

Early Bird Fee: \$240 (until Mar. 23rd, 2020)

Student Fee: \$199

Full Fee: \$299



COURSE DESCRIPTION



Generalized Anxiety Disorder (GAD) is one of the commonest anxiety disorder and cognitive behavioural therapy is the first-line treatment condition for this condition with several clinical trials supporting the interventions. Clients with generalized anxiety often suffer silently and worrying often affects their relationships. Therapists may find the incessant stream of worrying difficult to manage in sessions. Common techniques used for other anxiety disorders may not be as effective for generalized anxiety.

This course covers the key theories on worrying including intolerance of uncertainty, metacognitive beliefs, experiential avoidance and failures in problems solving.

A step by step protocol approach will convert the above theories into a practical framework for delivering intervention for GAD in clinical practice. The course is designed to use effective experiential and structured techniques to work towards skills mastery in treating clients with GAD.

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