



UNIFIED CBT FOR HEALTH ANXIETY & SOMATIC SYMPTOM DISORDERS

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 May 29, 2020

TIME

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

VENUE

Webinar
1390 Prince of Wales Drive, Suite 110
Ottawa, Ontario K2C 3N6

BOOKING LINK

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FEES

Early Bird Fee: \$199 (until Apr. 27th, 2020)
Student Fee: \$180
Full Fee: \$225

COURSE DESCRIPTION



This course will review the phenomenology and DSM-5 diagnoses of these disorders. The CBT approach and evidence will be discussed. Attendees will work with a step by step protocol with suitable modifications to address each of these conditions.

Health or illness anxiety and Somatic Symptom Disorders are related but different conditions, which often become a challenge for therapists and family physicians. They have a significant co-morbidity with mental health disorders and medical conditions. Not managing these conditions can lead to disability and increased cost of healthcare due to frequent presentations, investigations and treatments. Avoiding unwarranted treatments is crucial to improving the clients' wellbeing.

Cognitive behavioural therapy (CBT) is a well-established treatment for these conditions, but a generic CBT approach may not yield success. Treatment of these conditions requires knowledge of CBT specific to these disorders.

This course will review the phenomenology and DSM-5 diagnoses of these disorders. The CBT approach and evidence will be discussed. Attendees will work with a step by step protocol with suitable modifications to address each of these conditions.