

A Full Day Workshop Presented by Peter Brennan and Kent Smith

CBT Exposure Therapy for Anxiety Disorders



WHEN

Thursday 23 August 2018
9.00am—5.00pm

WHERE

Multicap,
Training Room, 269 Padstow Rd, Eight Mile
Plains Qld 4113

COST

Member- \$190.00	Non Member-\$240.00
Student Member- \$90.00	Student Non Member- \$110.00

*Notes: All prices inclusive of GST
Fruit will be served for morning, afternoon tea with a
fully catered lunch.*

This one-day workshop will assist participants to work with clients who have social anxiety, generalised anxiety, specific phobias, intrusive thoughts and panic/anxiety attacks, using CBT Exposure Therapy.

When clients experience anxiety that gets in the way of functioning, life starts to get organised around the anxiety itself. For example, people start to seek reassurance, find activities to distract themselves or avoid the people, places and things that trigger their anxiety. Unfortunately, this just makes the anxiety increase in the long term. It has been empirically demonstrated that an effective way to deal with anxiety is to become habituated to the situations, triggers, thoughts or memories that are being avoided by actually being exposed to them. Of course, this seems counter-intuitive and there is an art in encouraging clients to engage in CBT Exposure Therapy.

Learning Outcomes:

- Understanding Anxiety
- Anxiety Disorders
- Overview of CBT Exposure Therapy
- Preparing Clients for CBT Exposure Therapy
- Conducting CBT Exposure Therapy

The workshop will be a mixture of didactic and experiential. All of the skills taught will be practised by participants. Practice sheets and handouts will be provided.

Spaces on this course are strictly limited so register now to avoid disappointment.

[Register Here](#)

Visit: - <https://www.aasw.asn.au/events/event/cbt-exposure-therapy-for-anxiety-disorders>