This 6-hour program describes anxiety disorders, common coexisting conditions, assessment, and the most effective treatments. Although anxiety-related disorders often undermine a person’s ability to enjoy life, most forms of anxiety can be effectively treated.

Presented by Dr. Martin Antony, a leading expert, the program describes proven, step-by-step strategies to conquer anxiety, fear, and panic.

Participants completing this program should be able to:
1. List the key features of panic disorder, phobias, social anxiety, obsessive-compulsive disorders, generalized anxiety, and post-traumatic stress.
2. Describe evidence-based psychological and pharmacological treatments for anxiety and related disorders.

Why We Worry: Understanding and Treating Anxiety Disorders
A 6-Hour Home Study Program for Health Professionals

Anxiety and Related Disorders

- Causes of Anxiety Disorders
- Panic Disorder
- Social Anxiety Disorder
- Phobic Disorder
  - Agoraphobia
  - School Phobia
  - Dental and Medical Phobias
- Obsessive-Compulsive Disorder
- Generalized Anxiety Disorder
- Posttraumatic Stress Disorder
- Related Disorders
  - Depression
  - OC Spectrum Disorders
  - Sleep Disorders

Clinical Insights and Tools

- Emerging Anxiolytics
- Complementary and Alternative Approaches
- Exposure
- Dealing with Realistic Anxiety
- Cognitive Approaches
- Stop Playing It Safe
- Review

ABOUT THE INSTRUCTOR

Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor and Chair of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders including Social Anxiety Disorder, The Shyness and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key resources.

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