

Anxiety Disorders



The depth of our concerns can vary enormously and this generally represents normal, healthy responses. This half-day course aims to help people recognise when a person's concerns have developed into an illness. The course is designed for those who want to help others and those who want to help themselves.

10 things you will gain by attending

- Spot the differences between tidiness & obsessive compulsive disorder (OCD)
- Understand the body's reactions to a perceived threat
- Recognise the difference between real choice & avoidance behaviour
- Discuss what is meant by Generalised Anxiety Disorder
- Examine psychometric tests for anxiety
- Describe the common psychological therapies for anxiety
- Describe the risks & benefits from medical treatment
- Know how to perform a relaxation therapy session
- Explore complimentary methods to deal with anxiety
- Know when to refer on to specialist practitioners such as a cognitive behavioural therapist (CBT)