Dealing with Anxiety Disorders
Focused Psychological Strategies Category 1 - 40 CPD Points

Duration
6-hours
Plus morning tea, lunch and afternoon tea

Program Outline
This highly interactive 6 hour workshop aims to provide GPs with a comprehensive theoretical understanding of anxiety disorders together with an extensive range of skills and strategies to better manage anxiety in their practices. Clinical scenarios form the basis of the learning as participants explore how anxiety disorders arise, how they are maintained and the role general practitioners can play in addressing these effectively.

The program aims to further develop the core skills necessary for GPs providing FPS services in their practices. Extensive opportunities for skills practice and case discussion throughout the day will assist GPs to gain further confidence and competence in the effective use of psychological strategies

Accreditation
- 40 RACGP QI&CPD Category 1
- 30 ACRRM PRPD
- Approved for Focussed Psychological Strategies CPD (FPS CPD)

Prerequisites
Completion of predisposing activity

Suitable for
GPs

Learning Objectives
- Distinguish between normal anxiety and clinically significant anxiety disorders
- Identify common avoidance and safety behaviours and the central role they play in anxiety disorders
- Employ behavioural techniques such as relaxation, mindfulness meditation and graded exposure to assist patients with anxiety disorders
- Challenge unhelpful cognitions and metacognitions commonly associated with anxiety disorders
- Appraise the role of medications in the management of anxiety disorders

Cost: $360

To Register
Visit www.blackdoginstitute.org.au /gpcalendar