Science. Compassion. Action

Programs for GPs

Dealing with Anxiety Disorders

Audience

GPs

Duration & Format

6-hours face to face, (plus morning tea, lunch and afternoon tea)

Topics

Topic 1
Understanding Anxiety
Topic 2
Assessing Anxiety
Topic 3
Behavioural Strategies
Topic 4
The Anxious Mind
Topic 5
Pharmacological Treatments
Topic 6
Putting it all Together

Description

This highly interactive 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 learning as participants explore how anxiety disorders arise, how they are maintained, and the role general practitioners can play in addressing these effectively.

Learning Outcomes

- 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.

Accreditation

- RACGP: 40 Accredited CPD Activity Points
- ACRRM: PDP - 3 Performance Review, 5 Educational Activity points, 1 MOPS point
- GPMHSC: Focused Psychological Strategies CPD

Register **online** or at education@blackdog.org.au

Black Dog Institute