

IAPT Clinical Skills Week: Generalised Anxiety Disorder (GAD)



When: Wednesday, July 7, 2021



Where: Online Workshop, 4 CPD hours



Timing: Registration 9.30am | Start 10.00 | Close 2.30pm



Public Sector Price: £209 + VAT for one place

Your team's comprehensive guide for approaching Generalised Anxiety Disorder

9.30 Join, tech support and opportunity to network in your meeting room

10.00 Introduction, instructions and chair's opening remarks

Sue Wood, Psychological Wellbeing Practitioner (PWP) and Lecturer in Low Intensity Psychological Interventions and Marianne Tay, Psychological Wellbeing Practitioner (PWP) Cognitive Behavioural Therapist (CBT) and Lecturer in Low Intensity Psychological Interventions, De Montfort University

Exploring the impact of Covid-19

Tackling new challenges of depression and anxiety in relation to Covid-19

Delivering effective assessments of anxiety and depression presentations

When are LTCs a risk factor for anxiety and depression?

Exploring interventions at Step 2 and 3 for future worry and post Covid-19 syndrome

Practical relationships between mood and the Covid-19 context

Pinning down when depression and anxiety is unrelated to the pandemic

Understanding mental disorders versus adjustment to circumstances

Targeting specific mechanisms linked to anxiety and depression across in Step 2 and 3

Adapting interventions for health anxiety

Innovative approaches to delivering interventions for health anxiety

Delivering comprehensive, accurate assessments to formulate a client care plan

Adapting your treatments to the context of the pandemic: managing complexity

Integrating new treatment strategies with emerging modalities at Step 2 and Step 3

Covid-19 related comorbidities

Delivering interventions for health anxiety within the context of Covid-19

Working with OCD presentations in relation to general anxiety disorder

Understanding OCD presentations connected to physical health problems, fatigue and future worry

Practical tips for interventions to overcome evidence-based behaviours

2.20 Chairs closing remarks

2.30 Close of day