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Workshop Presentation

Cognitive Behavioral Approaches for the Treatment of Trauma and Anxiety

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Abstract

This workshop focuses on evidence-based Cognitive-Behavioral treatments for trauma and anxiety, to train mental health professionals (psychology, psychiatry, social work, etc.) and trainees in working with PTSD and related anxiety disorders. Cognitive Behavioral approaches are widely seen as the most effective treatments for these diagnoses. Training will focus specifically on delivering exposure-based interventions, such as Prolonged Exposure for PTSD and Transdiagnostic CBT for anxiety.

At the conclusion of the workshop, participants will:

- understand the basic strategies involved in providing CBT for anxiety and trauma.
- understand the necessary elements of delivering exposure-based treatments.
- be able to begin implementing CBT for trauma and anxiety.

Handouts, materials, and resources will be provided.

Keywords: Cognitive, Treatment, Anxiety

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