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Workshop Presentation

Clinical Training Workshop: Transdiagnostic Group CBT for Anxiety Disorders

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Abstract

This workshop is an evidence-based Cognitive Behavioral Therapy (CBT) training for mental health professionals and counselling graduate students in group therapy for anxiety disorders. The "transdiagnostic" approach is gaining widespread acceptance because it enables therapists to treat a variety of anxiety disorders using a common group protocol. Training will focus specifically on delivering Transdiagnostic CBT, with an emphasis on Cognitive Restructuring (Thought Challenging) and Exposure Therapy. At the conclusion of the workshop, participants will:

- Understand the basic strategies involved in providing group-based CBT for Anxiety Disorders.
- Understand the issues and approaches to treating anxiety disorders from a transdiagnostic framework.
- Be able to begin implementing transdiagnostic group CBT for Anxiety Disorders.

Handouts, materials, and resources will be provided.

Keywords: Behavioral Therapy, Anxiety Disorders, Cognition, Earthquake.

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