

# 2-Day Workshop

## Cognitive-Behavioural Therapy for Anxiety Disorders



Presented by Dr. Natalie Stratton  
April 30 & May 1, 2020 | Charlottetown, PEI

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Learn how to:

- Identify and differentiate the core psychopathology of specific anxiety disorders
- Apply cognitive and behavioural treatment components, step-by-step
- Recognize and target key thoughts and behaviours that maintain anxiety disorders
- Troubleshoot common challenges when treating anxiety disorders

Early Bird Rate available until April 1, 2020

Online registration: [www.coastalpsych.ca/workshops](http://www.coastalpsych.ca/workshops)

## Workshop Description:

Cognitive-Behavioural Therapy (CBT) is the gold-standard treatment for anxiety disorders. In this 2-day skills-focused and interactive workshop, participants will receive a thorough overview of CBT for **agoraphobia, generalized anxiety disorder, panic disorder, and social anxiety disorder** in adult populations. Participants will learn how to identify and differentiate the clinical presentation of specific anxiety disorder diagnoses. Core psychopathology will be discussed along with cognitive behavioural theory. Participants will learn and practice, step-by-step, how to engage clients in treatment, set treatment goals, structure therapy sessions, and apply cognitive and behavioural techniques to reduce anxiety symptoms (e.g., self-monitoring, guided discovery and Socratic questioning, challenging unhelpful thoughts and beliefs, behavioural experiments, exposure, problem solving). Participants will also learn and practice how to identify and address key thoughts and behaviours that maintain anxiety disorders such as, intolerance of uncertainty, beliefs about worry, misinterpretation of bodily sensations, hypervigilance, avoidance, safety behaviours, rumination, reassurance seeking, and self-focus in social situations. Strategies to identify and address common obstacles in treatment will be discussed. This workshop is appropriate for mental healthcare professionals and students from disciplines including, psychology, psychiatry, social work, counselling, occupational therapy, and nursing. Moderate familiarity with CBT is an asset, but not a requirement.

## Presenter:

Dr. Natalie Stratton is a clinical psychologist (Candidate Register) who specializes in the delivery of evidence-based treatments, specifically Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT), to help adults experiencing anxiety and mood disorders. She received her Ph.D. in Clinical Psychology from Ryerson University (Toronto, ON) and completed her pre-doctoral residency at the Nova Scotia Health Authority (Halifax, NS). Dr. Stratton is the co-director of Coastal Psychology in Halifax, NS where she provides psychological services to adults and couples. As well, she lectures at local universities and is co-conference chair of the upcoming 10<sup>th</sup> annual meeting of the Canadian Association of Cognitive and Behavioural Therapies. Dr. Stratton enjoys providing trainings and supervision to healthcare students and professionals.

Rates:	Regular Rate:	\$495
	Early Bird Rate:	\$395 (Payment must be received by April 1, 2020)
	Student Rate:	\$200 (Proof of enrolment required)

Hours:	Thursday April 30, 2020: 9AM to 4PM
	Friday May 1, 2020: 9AM to 4PM
	Totaling 12 hours of professional training

Location:	The Rodd Royalty, 14 Capital Drive, Charlottetown, PEI
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