

## **Practical Application of CBT for Anxiety**

This is a two-day workshop and the training is aimed at practitioners who wish to gain an understanding of the practical application of CBT for Anxiety. The participants will be able to apply these learnt skills and knowledge in their clinical practice. This course will also offer 12 hours of accreditation for the participant's Continuous Professional Development (CPD). This course is aimed at practitioners who have a basic understanding of CBT principles and are currently practicing CBT within a clinical setting.

### **Learning outcome**

This course will enable the participants to:

- Gain an understating of the CBT model for Anxiety
- Practically apply the model of Anxiety in daily practice
- Be equipped with assessment techniques and use assessment tool/instruments in clinical practice
- Be able to formulate the identified problem
- Be able to consider a suitable intervention for identified problem/s
- Apply basic CBT skills and techniques

### **Course content**

- Theoretical and CBT model of anxiety
- Assessment techniques
- Assessment tools and their application in practice
- Formulation
- Treatment plan
- Group practices during the workshop