



# Cognitive Behaviour Therapy (CBT) for Generalised Anxiety Disorder (GAD)

**A full day workshop of theory, skills and resources for immediate application.**

Generalised anxiety disorder (GAD) is a chronic disorder characterised by excessive worry, accompanied by somatic symptoms such as restlessness, sleep disturbance, muscle tension and fatigue. It is one of the most common comorbid disorders, particularly with major depression and other anxiety disorders. GAD is also frequently associated with chronic pain conditions, medically unexplained symptoms and sleep disorders. Estimates of lifetime prevalence range between 4.0% and 7.0%. Because of its frequently chronic course, GAD has the potential to create greater disruption in peoples' lives than other anxiety disorders. Historically, it has been less responsive to psychological treatment than other anxiety disorders, and until around 2000, studies reviewing treatment outcomes based on standard CBT interventions found limited improvements.

In the last 20 years a number of conceptual models explaining the underlying processes in GAD have emerged, based on research with GAD patients. As a result, our understanding of the disorder and the processes that underlie it has expanded. Consequently, there has been a significant transformation in CBT treatments for GAD. Many conventional therapies (including deep relaxation, cognitive disputing and problem solving) have given way to new, more innovative treatments. Many of these involve addressing cognitive *processes* rather than challenging the *content* of threat focused thoughts. There is strong evidence suggesting that worry represents a coping strategy designed to avoid future unwanted events or serves to prepare the person for the worst-case scenario. A common thread linking the conceptual models is that people believe worry is a helpful process. For this reason, challenging such 'metacognitive beliefs' about the benefits of worry is an important component of treatment.

This workshop focuses on practical skills development, including the ability to recognise, assess and diagnose GAD, and to provide treatment based on problem formulation for specific clients. Teaching modalities will include case studies, role-play and video demonstrations. A range of contemporary CBT strategies will be demonstrated, and participants will have the opportunity to raise examples from their own experience. In addition to workshop slides, participants will receive a number of prepared handouts for use with clients who have GAD.

### Learning objectives of this training:

1. Screen clients for the presence of GAD, apply diagnostic tests when appropriate and make accurate diagnosis in relation to the disorder.
2. Describe the basic models that seek to explain the underlying processes that contribute to the onset and maintenance of GAD (based on research evidence), as well as the implications for treatment.
3. Develop a case formulation for individual clients who meet criteria for GAD diagnosis, including the factors that contribute to the maintenance of GAD for these clients.
4. Differentiate between challenging the content of threat focused cognitions (using traditional cognitive strategies) and addressing the *processes* that maintain worry and threat monitoring, using more contemporary CBT techniques.
5. Utilise a range of evidence-based strategies to help clients with GAD address their urge to worry, and to reduce threat focused cognitions. These strategies include case formulation, psychoeducation, use of imagery and metaphor, behavioural experiments, worry awareness strategies, detached mindfulness, metacognitive techniques and worry exposure.



**Sarah Edelman PhD** is a clinical psychologist, trainer and author. She worked at the University of Technology Sydney for many years, originally as a researcher in health psychology, and subsequently as a lecturer. In addition to clinical work, Sarah facilitates training for mental health practitioners, schools, government and business organisations, and is a consultant trainer to the Black Dog Institute Sydney. She also conducts training on the use of CBT at Sydney University Centre for Continuing Education. She has published many articles in professional journals and mainstream media, and is a frequent guest on 702 ABC radio. Her book

'Change your Thinking' is a best seller in the self-help genre, and her most recent book, 'No Worries', describes CBT strategies for managing anxiety and worry.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**We'll bring this training to your team at your workplace anywhere in Australia or New Zealand.**

**We can also deliver to your team by live webcast no matter where you and they are located.**

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points for this event.*

A certificate of attendance for 6 hours of face-to-face training is issued in the week following attendance at this event.

### **Morning Session**

Includes a short morning tea break.

Introduction to Generalised Anxiety Disorder and contemporary models of underlying the processes in GAD.

Use of imagery, cognitive exposure, worries log, and mindfulness strategies.

### **Afternoon Session**

Includes a short afternoon tea break.

Building metacognitive awareness and challenging metacognitive beliefs in relation to the benefits of worrying.

Behavioural experiments, use of imagery and metaphors, ACT techniques.

Evaluation and closing.

***"This workshop will increase your understanding of GAD, and provide a range of practical tools and strategies to enable you to recognise and treat the disorder among your clients."***

Sarah Edelman

### **How will you benefit from attending this training?**

- Develop a greater understanding of GAD, and the underlying processes that contribute to and maintain the disorder.
- Improved ability to recognise GAD amongst clients who present with other issues.
- Develop confidence in using a range of contemporary CBT treatment strategies that address the factors that underlie the disorder.

### **Booking process:**

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

**This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.**

### **Feedback from Sarah's recent presentations of this workshop:**

*"Sarah is a very experienced and competent facilitator who knows her material well. She is able to clearly convey this and I greatly valued her clear communication, knowledge, experience and professionalism. I got so much from today including amazing resources to use right away."*

*"I really appreciated the mini summaries Sarah did throughout the day – helpful for consolidating learning. Loved the perfect mix of theory and prac. A perfect training day really!"*

*"The demonstrations are great – so much more engaging than didactic presentation of material. Also really liked use of real worries of our own rather than examples – made it more experiential and engaging. Sarah is friendly, professional, and well prepared. Thank you Sarah!"*

*"Thank you. Sarah's presentation was very helpful. Lots of clear information, great resources and good demonstrations of how to apply techniques."*

*"Yet another highly professional PD from PDP. Sarah is so experienced and imparted knowledge, skill and resources. I gained so much for my practice. Please have her present more topics for PDP!"*

*"I learned great practical skills to apply in my practice!"*

*"Very informative, very useful, excellent."*

*"A very professional presentation - plain language, useful, up to date. Talented and knowledgeable presenter."*

*"Sarah gave clear examples to relate to the topic, engaged the audience well. Great day and great venue."*

*"Sarah is a wonderfully engaging and knowledgeable presenter and the topic CBT for GAD was a great update for me."*

*"Relevant and skill enhancing! Thank you!"*

*"Great course, great presenter, good food and over-all an enjoyable day."*

*"Engaging, informative and very well presenter. I feel empowered!"*

*"Well rounded presentation like a 3-course meal! Good balance of theory and practice."*

*"Another excellent PDP presentation! Many thanks for having Sarah as a presenter. Is it possible for Sarah to present other topics as she is such a brilliant and clever presenter!"*