



Step-by-Step Approaches to the Assessment and Treatment of Anxiety

Martin M. Antony, Ph.D.

This workshop provides an in-depth understanding of the nature, assessment, and treatment of anxiety disorders in adults, adolescents, and children. Participants receive comprehensive training in step-by-step psychological interventions empirically shown to be effective for treating a range of anxiety disorders, including panic disorder, agoraphobia, social phobia, specific phobias, obsessive compulsive disorder, generalized anxiety disorder, and posttraumatic stress disorder. Dr. Antony also addresses issues related to treatment with medication.

Objectives *Participants will able to describe*

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| <ul style="list-style-type: none"> • How to distinguish among various types of anxiety disorders • How to develop a comprehensive assessment plan • Which medications work for anxiety-related problems • Which psychological treatments work for particular anxiety disorders • Practical strategies for using cognitive therapy with individuals suffering from anxiety disorders | <ul style="list-style-type: none"> • Step-by-step methods for treating anxiety disorders using exposure-based therapies • Relaxation-based strategies for treating anxiety disorders • Ways of understanding and treating problems that are often associated with anxiety disorders, including depression and perfectionism |
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12 CE Credit Hours

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| <p>1) Overview of Anxiety Disorders</p> <ul style="list-style-type: none"> • Diagnostic Issues • Descriptive Psychopathology • Etiology <p>2) Assessment of Anxiety Disorders</p> <ul style="list-style-type: none"> • Clinical Interviews • Behavioral Assessment • Self-Report Questionnaires • Medication Treatments | <p>3) Introduction to Exposure-Based Strategies</p> <p>4) Introduction to Cognitive Strategies</p> <p>5) Treatment of Panic & Agoraphobia</p> <p>6) Treatment of Posttraumatic Stress Disorder & Social Phobia</p> <p>7) Treatment of Specific Phobias and Generalized Anxiety Disorder</p> <p>8) Obsessive Compulsive Disorder</p> |
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Martin M Antony, Ph.D.

Martin M. Antony, Ph.D. is Professor and Graduate Program Director in the Department of Psychology at Ryerson University in Toronto. He is also Director of Research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario, and President-Elect of the Canadian Psychological Association. He holds part time or adjunct faculty appointments at McMaster University, University at Buffalo (SUNY), University of Waterloo, and University of Regina, and was the founding director of both the Anxiety Treatment and Research Centre and the Psychology Residency Program at St. Joseph's Healthcare, Hamilton.

Dr. Antony received his Ph.D. in clinical psychology from the University at Albany, State University of New York in 1994. He has published more than 25 books and 100 scientific articles and book chapters in the areas of cognitive behavior therapy, obsessive compulsive disorder, panic disorder, social phobia, and specific phobia.

Dr. Antony has received career awards from the Society of Clinical Psychology (American Psychological Association), the Canadian Psychological Association, and the Anxiety Disorders Association of America, and is a Fellow of the American and Canadian Psychological Associations. He has also served on the Boards of Directors for the Society of Clinical Psychology and the Association for Behavioral and Cognitive Therapies, and as Program Chair for past conventions of the Association for Behavioral and Cognitive Therapies and the Anxiety Disorders Association of America.

Dr. Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines, and is widely recognized as a top trainer in the area of cognitive behavior therapy for anxiety disorders. He has given more than 200 workshops and presentations to professionals from across Canada, the United States, Europe, and Australia. He also maintains a clinical practice. Dr. Antony's website can be found at www.martinantony.com.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See Exam Enclosed