



Treating Fear & Anxiety

Problem-Specific Approaches

Presented by

Martin M. Antony, Ph.D., ABPP

Overview: This course provides training in evidence-based strategies for treating a wide range of anxiety and related disorders. Dr. Antony will emphasize the importance of case formulation and core treatment principles that cut across anxiety-based problems, including obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder, social anxiety disorder, generalized anxiety disorder, specific phobias, health anxiety, and related problems. Although the focus will be mostly on adults, the program will include suggestions for adapting treatment for children and adolescents.

You will learn about the diagnostic features of anxiety and related disorders, factors that contribute to the onset and maintenance, and effective cognitive and behavioral methods for overcoming anxiety (e.g., cognitive strategies, imagery-based approaches, exposure-based techniques, relaxation-based treatments, mindfulness and acceptance-based strategies). Dr. Antony will also review medication treatments, strategies for dealing with treatment resistance, and strategies for dealing with complex cases and comorbidity.

Objectives

Participants will be able to describe:

- Diagnostic features of anxiety and related disorders in DSM-5
- Effective cognitive approaches for managing anxiety and related disorders
- Exposure-based techniques
- Mindfulness and acceptance-based treatments for anxiety
- Strategies for managing noncompliance
- How to adapt treatment for particular anxiety presentations

Martin M. Antony, Ph.D., ABPP is a professor in the Dept. of Psychology at Ryerson University and provincial clinical lead for the Ontario Structured Psychotherapy Program. Previously, he was founding director of both the Anxiety Treatment and Research Clinic and the Psychology Residency Program at St. Joseph’s Healthcare Hamilton. He is a fellow of the Royal Society of Canada, and a past president of the Association for Behavioral and Cognitive Therapies and the Canadian Psychological Association.

He has published 32 books and over 300 scientific articles and chapters in areas related to cognitive behavior therapy and anxiety-related disorders. He has given more than 425 presentations to audiences across four continents, and has been interviewed, featured, or quoted more than 450 times in various print, radio, television, and online media outlets, including *CBC*, *CNN*, *Globe and Mail*, *National Post*, *Toronto Star*, *New York Times*, *Washington Post*, *Scientific American Mind*, and many others.

Agenda

The Anxiety Spectrum - CBT Models (1hr 25 min 54 sec)

Evidence- Based Treatments

Pharmacological, Complementary (1hr 24 min 35 sec)
and Alternative Treatments

CBT for Anxiety Cognitive Strategies (1hr 29 min 33 sec)

Exposure Based Treatments (1hr 39 min 28 sec)

Mindfulness and Acceptance Based Approaches -Case Formulations Treatment Planning -

(1hr 30 min 16 sec)

Transdiagnostic Approaches (1hr 35 min 26 sec)

Panic - Agoraphobia - Social Anxiety (1hr 28 min 01 sec)

Obsessive-Compulsive Disorders

Health Anxiety(1hr 43 min 53 sec)

Generalized Anxiety Disorders (1hr 20 min 25 sec)

Posttraumatic Stress Disorders

13.5 CE hours

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

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Practice Level—Intermediate

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