

The Skills Development Service Ltd presents a one day training course:

Anxiety: New Challenges & Interventions

Are you ready for anxiety to replace depression as the primary mental health problem in the U.K.?

What will the delegates take away from the course?

- The evidence for the coming "anxiety epidemic"
- Why "Anxiety Management" can increase anxiety
- Why relaxation techniques frequently do not reduce anxiety
- Research that indicates that worry is often used by clients to prevent anxiety !
- Evidence based CBT and non-CBT approaches to addressing anxiety problems including OCD
- Imagery and anxiety - why negative mental images evoke stronger anxiety than negative verbal thoughts and how such images play MORE of a role with some anxiety problems rather than others
- Four simple cognitive techniques to address negative imagery in cases of social anxiety and PTSD
- The central role of meta-cognitions in worry and anxiety (GAD) and how to address them
- The evidence for how suppressing intrusive negative thoughts increases them and the therapeutic implications of this
- The role of mindfulness and acceptance in anxiety
- Review of current research regarding PTSD

How would you deal with the following ?

Dianne (34 yrs) is socially very anxious and withdrawn, avoiding socialising with anyone she has not already met. She constantly worries that people stare at her and think her "strange" and "ugly". She has already seen two therapists who have made no headway with her and who, she says, "made her feel worse"

Carl (56 yrs) has been told by his boss that his job is "at risk" for financial reasons. Additionally, he was in a car accident a month ago which has left him feeling increasingly unable to drive to work. He is continuously caught between worries about losing his job and fearing another accident if he uses his car.

Kay (17 yrs) has recently developed OCD connected with counting rituals which she performs every morning and before she goes to bed. These are connected with concerns about her parents dying and started three months ago following her parents separation.

This day will give you ideas on how to approach these and many other difficult cases in new and constructive ways

- FREE CD-ROM included containing presentation, guided reading list, evidence-based reference list, further resources and COPIABLE WORKSHEETS, checklists and forms to use immediately with your clients.
- Certificate of Attendance. Suitable for CPD and PREP.
- Video demonstrations of techniques

Available for In-house Training

Book now and take advantage of our unique SPECIAL OFFER

see overleaf for details

Brief Solution Focused Therapy

Course Outline:

09.15 Registration and refreshments (for 10.00 am start)

10.00 The new “anxiety epidemic”

- Historical background
- The relationship between economy, culture and mental health problems
- Age, ethnicity and gender issues

10.30 The limitations of “traditional anxiety management” approaches

- Current evidence base
- The paradox of control and suppression
- The limitations of a purely educational and skills training model
- A BSFT approach to anxiety

11.15 Refreshments

11.45 Working with meta-cognitions in anxiety

- The central role of meta-cognitions with GAD and worry
- Strategies for identifying and weakening dysfunctional meta-cognitions

12.20 The role of cognitive imagery in PTSD and phobic reactions

- Research summary on the role of visual cognitions and anxiety
- Visual cognitive techniques and anxiety

13.00 Lunch

14.00 The role of acceptance strategies in addressing anxiety problems

- The current evidence base
- Mindfulness and anxiety
- The contribution of other 3rd wave approaches

14.45 Working with OCD

- How “cognitive” do interventions have to be?
- Working with “unmotivated” OCD clients

15.15 Refreshments

15.45 PTSD

- The limitations of psychological debriefing
- CBT vs. BSFT vs. EMDR approaches

16.30 Finish

SDS In-House Training

How to Book



- E-mail us on info@skillsdevelopment.co.uk briefly outlining your needs.
- A written quotation, booking conditions and an outline of the proposed training will be sent to you within 48 hours.
- If the topic you are interested in is not on our list, one of our training consultants will get back to you within the next two or three days to discuss your requirements.
- Please recognise that because of high demand, forward planning of between three and twelve months is often required. So please book your in-house training in advance and we will do everything possible to accommodate your needs.

Special Offer only for In-House Customers

- With every in-house day you have with us – we will issue a voucher enabling one person from your organization to attend one of our seminars completely **FREE**.
- You receive this voucher immediately after your in-house training day will have taken place.
- This is a unique opportunity for your staff to try our new topics totally free and for your organization to get “first hands” feedback on our new courses.

