



Programs for GPs

Dealing with Anxiety Disorders

Audience:

GPs

Duration:

6-hours face to face, plus morning tea, lunch and afternoon tea



Topics Covered

Topic 1 – Understanding Anxiety

Topic 2 – Assessing Anxiety

Topic 3 – Behavioural Strategies

Topic 4 – The Anxious Mind

Topic 5 – Pharmacological Treatments

Topic 6 – Putting it all Together

This highly interactive workshop aims to provide GPs with a comprehensive theoretical understanding of anxiety disorders together with an extensive range of skills and strategies to better manage anxiety in their practices.

Clinical scenarios form the basis of learning as participants explore how anxiety disorders arise, how they are maintained, and the role general practitioners can play in addressing these effectively.

Learning Outcomes

- Distinguish between normal anxiety and clinically significant anxiety disorders.
- Identify common avoidance and safety behaviours and the central role they play in anxiety disorders.
- Employ behavioural techniques such as relaxation, mindfulness meditation and graded exposure to assist patients with anxiety disorders.
- Challenge unhelpful cognitions and metacognitions commonly associated with anxiety disorders.
- Appraise the role of medications in the management of anxiety disorders.

Accreditation

- RACGP: 40 QI&CPD Category 1
- ACRRM: 30 PRPD
- GPMHSC: Focussed Psychological Strategies CPD

When:

Sunday 14th June 2020
9:00am - 5:00pm

Where:

Mercure Liverpool, 424-458
Hoxton Park Rd Liverpool NSW
2170

Cost: FREE

Kindly funded by South
Western Sydney PHN

Contact Details:

Register online or at
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Western Sydney PHN catchment



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