



TRANSDIAGNOSTIC ANXIETY TRAINING

**ATTENDANCE
IS REQUIRED
FROM
9:00A-5:00P
FOR ALL 4
DAYS:**

Training check-in begins
daily at 8:30a

**MON 6/14/21
TUES 6/15/21
MON 6/21/21
TUES 6/22/21**

VIRTUAL

Meeting information
will be sent out after
registration and
before training date

Registration
Required

EMAIL:

TrainingOffice@
mccmh.net

APPROVED
FOR 28 SW
CE HOURS
MICEC -
0038

This 4 day intensive Transdiagnostic Anxiety Training (TAT) workshop is appropriate for licensed mental health professionals, or those working under the license of a mental health professional. The workshop provides training in evidenced-based assessment and treatment of the following anxiety disorders:

- Panic Disorder
- Generalized Anxiety Disorder (GAD)
- Specific Phobia
- Social Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)

The workshop includes:

- ◆ A review of the empirical support for the use of exposure therapy for the first line treatment of anxiety disorders
- ◆ Administration and interpretation of evidence based assessment tools for these anxiety disorders
- ◆ Instruction in delivering evidence-based interventions for anxiety disorders.
- ◆ Use of case examples to illustrate treatment concepts throughout the workshop
- ◆ Interactive lecture, role play and videos to solidify participants' comfort and skill with evidence-based assessment and practices for these anxiety disorders

