



# TRANSDIAGNOSTIC ANXIETY TRAINING

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

Training check-in begins  
daily at 8:30a

**THURS 9/9/21  
FRI 9/10/21  
MON 9/13/21  
TUES 9/14/21**

**\*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

