

Children and Anxiety: CBT Skills Training



National Phobics Society, in conjunction with MacQuarie University (Sydney) are holding a series of one day training courses that will allow those with a background in CBT, psychology or those with significant experience of working clinically with young people, to be equipped to deliver a structured CBT program for the treatment of anxiety disorders in children and young people. The training will be offered in 5 locations in the UK throughout July 2008: London, Edinburgh, Birmingham, Manchester and Newcastle.

The program is an evidence based intervention which will equip attendees with skills around the identification, nature and treatment of child and adolescent anxiety disorders. It will be delivered by Professor Ron Rapee (MacQuarie University) and Dr Samantha Cartwright-Hatton (University of Manchester), both leading figures in the detection and treatment of child anxiety disorders. Upon completion of the training course delegates will be able to:

- Identify and diagnose anxiety disorders in children and adolescents
- Have a broad appreciation for the psychopathology of child anxiety disorders
- Have a detailed understanding of treatment programs for the management in child and adolescent anxiety- in particular MacQuarie University's 'Cool Kids' programme

The workshop has been formally appraised, is evidence based and has received outstanding evaluations from International and Australian audiences.

Cost: Private Therapists – Full Price
NHS Workers
Full Time Students

£ 275
£ 195
£ 125 (which is cost price)

To book your place please complete our online booking form available at:
www.phobics-society.org.uk/shop.php
(click on 'workshops'),
or call **08444 775 774**

National Phobics Society
The anxiety disorders charity

