

Targeting Anxiety in Youth



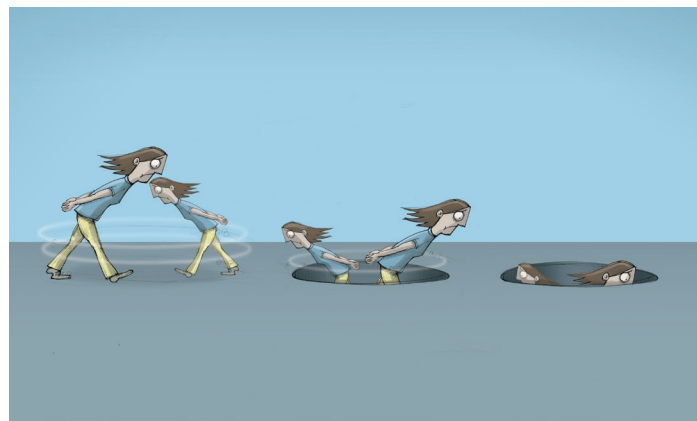
Training for Psychologists, Counsellors and Allied Health Professionals

Workshop Details

When: *Tuesday, 15th March, 2016*
1.00pm - 4.00pm

Where: *Black Dog Institute*
Hospital Road, Prince of Wales Hospital
Randwick, 2031

Cost: *\$180*



Program Outline

Duration: *3 Hours*

Anxiety disorders are the most common diagnosed psychiatric disorder in young people. They have a significant impact on the individual's emerging sense of self, independence from parents, academic achievement and development of peer relationships. Left untreated young people develop maladaptive coping mechanisms which can set up patterns for life including avoidance, self harm and substance abuse. Accurate diagnosis and management in the childhood years increases responsiveness to treatment and improves prognosis.

Using case studies as a platform for learning this workshop provides an overview of the latest developments in this area and techniques to manage the diagnostic and treatment complexities. The benefits of working collaboratively and the best practice guidelines regarding psychological and pharmacological management are discussed.

Accreditation

3 Hours CPD

Suitable for

Psychologists, Counsellors and other mental health professionals working with children and adolescents



Register Online

Visit www.blackdoginstitute.org.au/psychologycalendar

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