



Alexian Brothers Center for Professional Education

Course: ***Cognitive-Behavioral Therapy (CBT) & Exposure and Response Prevention (ERP) Treatment for Anxiety Disorders***

Description: This 9-month course is designed to provide participants with an understanding of:

1. All of the Anxiety Disorders
2. Cognitive-Behavioral Models of Treatment for Anxiety Disorders
3. Exposure and Response Prevention Models of treatment for Anxiety Disorders

The goal is to provide clinicians with practical knowledge that will assist them in defining, assessing, and treating all of the Anxiety Disorders across the lifespan.

This course will use a seminar format which will include formal presentations, discussions, and case presentations, as well as a good deal of role-playing and viewing of ERP videos. There will also be supervision (both individual and group) of cases that participants bring to the seminar.

Duration: 63 Hours Training and Supervision
One Saturday per month, September 2010 through May 2011
7 hours classroom

Class Size: 25 participants

Faculty: Patrick B. McGrath, Ph.D.
Director, Alexian Brothers Center for Anxiety & Obsessive-Compulsive Disorders

Venue: Alexian Brothers Behavioral Health Hospital

Program Cost: \$200 per session/\$1800 year
→ 10% discount for all 12 sessions paid up front - \$1620
→ 15% discount for ABBHH employees - \$1530

Participant Benefits: 63 Total CEU's Available
9-month training in Anxiety Disorders
Case consultations available
Limited class size



ALEXIAN
BROTHERS

Behavioral Health Hospital

A Healthy Community Begins with Alexian Brothers.

www.abbhh.org

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Training Modules:

- I. **Introduction to the Anxiety Disorders** – September 18, 2010
 - a. Review of the readings, assessment of goals of the participants
 - b. Discussion of previously used treatment modalities for anxiety
 - c. Overview of the Anxiety Disorders
 - d. Why CBT?
 - e. Why ERP?
 - f. Review of readings
 - g. Basic techniques and strategies for the treatment of Anxiety Disorders

 - II. **Panic Disorder with and Without Agoraphobia** – October 16, 2010
 - a. Review of Panic and Agoraphobia
 - b. Review of readings
 - c. CBT model
 - d. ERP exercises
 - e. Interceptive Exposures – wear comfortable clothing as we will be practicing these exercises
 - f. Case supervision

 - III. **OCD** – November 13, 2010
 - a. Review of OCD
 - b. Review of readings
 - c. CBT models
 - d. ERP treatment
 - e. ERP role plays
 - f. Case supervision


 - IV. **Social Phobia** – December 11, 2010
 - a. Review of Social Phobia
 - b. Review of readings
 - c. CBT models
 - d. ERP treatment
 - e. ERP role plays
 - f. Case supervision

 - V. **GAD** – January 15, 2011
 - a. Review of GAD
 - b. Review of readings
 - c. CBT models
 - d. ERP treatment
 - e. ERP role plays
 - f. Case supervision

 - VI. **PTSD / ASD** – February 19, 2011
 - a. Review of PTSD
 - b. Review of readings
 - c. CBT models
 - d. Prolonged ERP treatment
 - e. ERP role plays
 - f. Virtual Iraq demonstration
 - g. Case Supervision
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- VII. Specific Phobias – March 19, 2011**
 - a. Review of Specific Phobias
 - b. Review of readings
 - c. CBT models
 - d. ERP treatment
 - e. One day treatment for phobias
 - f. ERP role plays
 - g. Case Supervision

 - VIII. Putting it into practice – April 16, 2011**
 - a. Obstacles in the practice of CBT
 - b. Obstacles in the practice of ERP
 - c. Avoiding burnout and compassion fatigue
 - d. CBT and ERP anywhere – in and out of the office
 - e. Trip to the mall and restaurant to practice ERP in the “real world”

 - IX. Group / Family Treatment of Anxiety Disorders / Graduation – May 14, 2011**
 - a. Ideas for developing groups
 - b. Group topics
 - c. Handouts
 - d. Group exercises
 - e. Summary and Graduation
 - f. Summarize what we have learned over the year.
 - g. Case presentations
 - h. Review what makes an effective CBT and ERP therapist
 - i. Exam
 - j. Graduation Ceremony
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Over the course of the seminar, participants will be assigned the following:

A. Books to read:

- Dying of Embarrassment
- The OCD Answer Book
- An End to Panic
- The Agoraphobia Workbook
- Overcoming Generalized Anxiety Disorder: Therapist Protocol
- Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences Therapist Guide (Treatments That Work)

B. Review readings for each of the topics

C. Prepare two case presentations and treatment plans

D. Complete a final exam