



THE UNIVERSITY OF THE WEST INDIES  
GLOBAL CAMPUS  
Consortium for Social Development and Research  
SOCIAL WORK TRAINING AND RESEARCH CENTRE

# ANXIETY MANAGEMENT Workshop



## Modality

Online



## Cost



## Duration

6 hours



## Start Date



## Certificate

Achievement



## Continuing Education Units

0.6 CEU

The one-day Anxiety Management workshop delves into psychological stress and recognising the causes of anxiety. The practical session will demonstrate proven forms of therapy used to prevent and reduce panic and anxiety.

## Objectives

1. Understand the psychology of anxiety.
2. Differentiate between stress and anxiety
3. Learn and utilise coping techniques and strategies
4. Treatment planning for continuous development

## Entry Requirements

1. There are no academic requirements.
2. Participants should have access to the internet and a computer/tablet/smartphone with the Zoom app downloaded.

## Topics

1. Psychology of Anxiety
  - a. Differentiate between Stress and Anxiety
  - b. Anxiety Disorders
    - i. Generalised anxiety disorder
    - ii. Panic disorder
    - iii. Social anxiety disorder
    - iv. Separation
    - v. Phobias
    - vi. Addictions
2. Diagnosis and Treatment
  - a. Identifying symptoms
  - b. Risk Factors
3. Stress and Anxiety Management
  - a. Meditation
  - b. Psychotherapy
  - c. Cognitive Behavioural Therapy
  - d. Mindfulness Techniques
  - e. Medication

## Evaluation & Certification

Participants will receive a Certificate of Achievement upon successful participation in the workshop and earning 50% or higher on the following assessments.

1. Case Study Reflection	40 %
2. Online quiz	60 %
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	100 %