

# Transdiagnostic Treatments for Anxiety and Related Disorders

**Friday, May 1, 2015  
9am to 4:30pm  
Holiday Inn (711 W Broadway, Vancouver BC)**

The Vancouver CBT Training Centre is very proud to present this workshop on Transdiagnostic treatments for anxiety and related disorders.

**PRESENTER:** *Martin M. Antony, Ph.D., ABPP*



Generally, treatment approaches for anxiety-based problems tend to emphasize the use of unique treatment protocols for each major disorder, even though most people with anxiety problems have more than one disorder, and the treatment strategies that are best supported tend to be similar across disorders. This workshop focuses on strategies for treating anxiety-related problems, regardless of the specific diagnosis. Participants will learn about: (1) the latest research on transdiagnostic treatments for anxiety and related disorders; (2) assessment and case formulation from a transdiagnostic perspective; (3) behavioural strategies; (4) cognitive strategies; (5) acceptance and mindfulness-based approaches; (6) group treatment, (7) enhancing motivation and compliance; and (7) relapse prevention.

**Martin M. Antony, Ph.D.** is Professor and Chair in the Department of Psychology at Ryerson University. He is also Director of Research at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton, which he founded more than 15 years ago. Dr. Antony has published 29 books and over 200 scientific articles and book chapters, mostly on the assessment and treatment of anxiety-related disorders and perfectionism. Dr. Antony has been interviewed, featured, or quoted more than 300 times in various print, radio, and television media outlets, including the *CBC*, *Chatelaine Magazine*, *CTV*, *the Globe and Mail*, *National Post*, *O (Oprah) Magazine*, *Reader's Digest*, *Scientific American Mind*, *Washington Post*, and many others.

**Target audience:** These workshops are intended for psychologists, psychiatrists, counsellors, social workers, occupational therapists, psychiatric nurses and other mental health professionals.

**To register:**

Please complete the registration form on the website <http://www.vancouvercbttraining.ca>

**Fees for this event are as follows:**

**Registration Fees:**

Professional (before April 3, 2015):	\$215 (+5% GST) = \$225.75
Professional (after April 3, 2015):	\$235 (+5% GST) = \$246.75
Full-time student (before April 3, 2015):	\$125 (+5% GST) = \$131.25
Full-time student (after April 3, 2015):	\$145 (+5% GST) = \$152.25

The Vancouver CBT Training Centre is approved by the Canadian Psychological Association to offer continuing education for psychologists. The Vancouver CBT Training Centre maintains responsibility for this program. **\*Attendees will receive a certificate for 6 CE credits.**

\*MOC Section 1 credits – to be advised