

CBT with Anxiety, Stress and Worry

Stress and worry ruin the lives of thousands of people, and yet there are effective techniques to counteract it.

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

'Worry' is the epitome of non-productive distress, because although it is by definition distressing, it also impairs the person's ability to resolve any problems that realistically underlie the worry. Equally, some people find that they have simply acquired the 'habit' of worrying, and as soon as one problem is resolved will find 'another peg to hang their worry on'. And finally there is the concept of 'stress'. Which on this course we define as the pressure put on the person who may or may not suffer distressing worry as a result: some individuals seem to acquire a much greater ability to cope with 'stress' than others do.

- Recognising, using and developing social support networks.
- Interventions involving changing the person's thinking style - i.e. cognitive interventions - include some of the 'heavy hitters' in stress and worry: Logical, Evidence-Based Reasoning; Problem Solving; Distraction; Stress-Inoculation Training and more.
- Assessment, using the five factor approach.
- Measurement of progress, using subjective and objective methods.

What this course will do for you:

- You will know about stress and worry: the symptoms, causes and how it affects people.
- You will be familiar with the major CBT techniques for dealing with stress and alleviating worry, and how to apply them with your own patients.

The course covers:

- Generalised Anxiety Disorder: the DSM term closest to 'chronic, long-term worry'. In GAD the patient normally exhibits a mix of overestimation of catastrophe and underestimation of coping ability.
- Why mental acts such as (a) suppression and (b) rumination are counterproductive.
- The measurement and recording of anxiety levels.
- Behavioural interventions, (which tend to be well-liked by clients) such as: The worry period; assertive habit-breaking; time structuring; goal setting.
- The role of music and the rationale for it.
- Biological interventions, which can be extremely powerful and fast-acting, and form a legitimate part of modern CBT: relevant illnesses; regular routine; exercise; diet; mood-altering substances; sleep; relaxation.
- Interventions involving manipulation of the surroundings, examining what stresses the person is under and, maybe, helping to reduce it.

Delegates' Feedback

Average presentation rating: **96%**



Average relevance rating: **97%**



Written Feedback:

"The whole course was excellent. I got so much from it and will continue to use it in my work. I'm sorry it has come to an end and would have liked to have gone further. The tutor was 'top-class'. Thank you."

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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