



# Alexian Brothers Center for Professional Education

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

**Description:** This 6-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:** 42 Hours Classroom, Training, and Supervision  
One Saturday per month from 8:30am to 4:30pm, October 2011 through March 2012

**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  
→ 10% discount for all 6 sessions paid up front: \$1080  
→ 15% discount for ABBHH employees: \$1020

**Participant Benefits:** 42 Total CEU's Available  
6-month training in Anxiety Disorders  
Case consultations available  
Limited class size

**Application Process:** For complete guidelines and to download an application form, please go to our website at [abbhh.org/professionals](http://abbhh.org/professionals) and click on *Advanced Skills Training*.



**ALEXIAN**  
BROTHERS

**Behavioral Health Hospital**

**A Healthy Community Begins with Alexian Brothers.**

**[www.abbhh.org](http://www.abbhh.org)**

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## Training Modules:

- I. **Introduction to the Anxiety Disorders, Cognitive-Behavioral Therapy (CBT) & Exposure Response Prevention (ERP)** – October 1, 2011
    - 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 & Phobias** – November 12, 2011
    - 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. **Obsessive-Compulsive Disorder (OCD) & Hoarding** – December 10, 2011
    - a. Review of OCD
    - b. Review of readings
    - c. CBT models
    - d. ERP treatment
    - e. ERP role plays
    - f. Case supervision
  
  - IV. **PTSD & Acute Stress Disorder (ASD)** – January 14, 2012
    - a. Review of PTSD and ASD
    - b. Review of readings
    - c. Prolonged ERP treatment
    - d. ERP role plays
    - e. Virtual Iraq demonstration
    - f. Case supervision
  
  - V. **Social Anxiety Disorder & Generalized Anxiety Disorder** – February 11, 2012
    - a. Review of Social Phobia & GAD
    - b. Review of readings
    - c. CBT models
    - d. ERP treatment
    - e. ERP role plays
    - f. Case supervision
  
  - VI. **Wrap-Up & ERP Practice** – March 10, 2012
    - 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. Summary of concepts learned
    - f. Exam
    - g. 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**