

PROFESSIONAL PROGRAM IN

The Treatment of Anxiety Disorders

Advanced training for licensed clinicians and mental health professionals

Anxiety disorders affect up to 40 million American adults age 18 years and older in any given year. There are an increasing number of evidence-based treatment approaches that can help most people overcome some of the most common anxiety disorders, including generalized anxiety disorder, panic disorders, obsessive-compulsive disorders (OCD), PTSD, and social and more specific phobias. In UC Berkeley Extension's Professional Program in the Treatment of Anxiety Disorders, clinicians learn about some of the major causes, diagnostic issues, and prevention and treatment approaches that can be incorporated into their practice.

Program Benefits

Courses are aimed at helping professionals stay current in the field of anxiety disorders treatment and become better clinicians in this area. Workshops provide an update on anxiety disorders research and counseling tools used in various settings and with diverse populations.

Participants gain an understanding of anxiety disorders treatment to better make assessments, informed referrals, etc. Participants can earn continuing education units and focus their course of study in this important field of clinical work, and they will be able to list the completion of this UC Berkeley Extension professional program on their résumé, CV, and in job applications.

Who Will Benefit

Although there are no specific degree or course requirements for this series of workshops, it is primarily intended for mental health clinicians, nurses, and social services professionals who have a graduate degree in the field and are licensed psychologists, clinical social workers, or marriage and family therapists. Psychiatrists and psychiatric nurses, as well as a range of professionals working in a variety of related settings, may also benefit from workshops in this program.



Program Requirements and Structure

To earn a certificate of completion in the Professional Program in the Treatment of Anxiety Disorders, participants are required to take five 7-hour workshops plus one elective (e.g., children and youth, mindfulness, co-existing disorders, etc.). The minimum number of hours to earn a certificate of completion is 40 hours (4.0 ceu). Substitutions and waivers are not allowed. Students have up to five years to complete the program.

The program can be completed at your own pace. It will take a minimum of three semesters to complete the program; however, the courses can be taken over the course of several years. Students may take up to five years to complete the program and earn a certificate of completion.

Workshops may be taken in any order, although it is recommended that you take the required **Understanding and Treating Anxiety Disorders: An Overview** first and, toward the end of the program, **Clinical Case Seminar: Anxiety Disorders**.

Required Workshops

- Understanding and Treating Anxiety Disorders: An Overview (0.7 ceu)
- Treating Obsessive-Compulsive Disorder and Body Dysmorphic Disorder (0.7 ceu)
- From Worry to Panic: Phobias, GAD, and Panic Disorders (0.7 ceu)
- Post-Traumatic Stress Disorder: Assessment and Treatment (0.7 ceu)
- Clinical Case Seminar: Anxiety Disorders (0.7 ceu)

Electives

- Anxiety in Children and Adolescents (0.7 ceu)
- The Use of Mindfulness in the Treatment of Anxiety Disorders (0.6 ceu)
- Special topics to be announced

(continued)



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Professional Program in the Treatment of Anxiety Disorders *(continued)*

Prerequisites

There are no specific prerequisites for this program, but please see Who Will Benefit, above.

Course Credit

Participants in this program are able to earn 4.0 ceu (40 hours of continuing education credit).

Value of UC Berkeley Extension Professional Program

As the continuing education arm of UC Berkeley, one of the finest public research institutions in the United States, UC Berkeley Extension has an unmatched reputation for excellence. A UC Berkeley Extension Professional Program earns participants a respected credential certifying successful completion of a high-caliber, in-depth course of study. The Professional Program in the Treatment of Anxiety Disorders allows clinicians to focus their learning in this specialized area of practice and list its completion on résumés, CVs, and job applications.

Fees

The approximate cost of the program is \$1,500. Each workshop is paid for separately at the time of enrollment. Because the course fees may vary from semester to semester, this is only an estimate. This program does not require an application fee or a certificate program fee.

How to Begin

In order to begin the program, simply enroll in your first workshop and continue taking workshops each term until you have completed the 40 hours of coursework. To enroll, go to www.unex.berkeley.edu/enroll or call (510) 642-4111.

Completion Requirements

When enrolling, be sure to indicate on the Extension course roster that you wish to receive CE credit for the course. This will trigger a record of your attendance. When you have completed the program, please call (510) 643-3883 to request your certificate of completion.

Location

Workshops are scheduled both in Berkeley and in the UC Berkeley Extension Centers in San Francisco and are usually held on a Friday or Saturday (please check schedule each semester for exact time and location).

More Information

Call (510) 643-3883, e-mail counspych@unex.berkeley.edu, or visit www.unex.berkeley.edu/profseq/anxiety.html.

For a Free Course Catalog

Call (510) 642-4111 or (888) UC SMART, or visit www.unex.berkeley.edu/cat.

www.unex.berkeley.edu/profseq/anxiety.html



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