An increasing number of evidence-based treatment approaches can help people overcome some of the most common anxiety disorders, including obsessive-compulsive disorders (OCD), post-traumatic stress disorder (PTSD), and social and more specific phobias. In the Professional Program in Evidence-Based Therapy for Anxiety and Mood Disorders, you and fellow clinicians learn about some of the major causes, diagnostic issues, and prevention and treatment approaches.

**4 Required Workshops, Minimum of 4 Electives*  
4.9 ceu, 49 Hours of Instruction**

**Evidence-Based Psychotherapy for Mood Disorders**  
PSYCH 1031 (0.6 ceu)  
Review best practices for the treatment of mood disorders in adults, with particular emphasis on evidence-based psychosocial treatments for unipolar and bipolar depression, as well as cognitive-behavior therapy (CBT) techniques.

**Pharmacological Approaches in the Treatment of Anxiety and Mood Disorders**  
PSYCH 1112 (0.6 ceu)  
Learn about epidemiology and best-practice guidelines and commonly used pharmacotherapies for treating major anxiety, depression and bipolar disorders.

**A Universal Treatment for Anxiety, Panic and Fear**  
PSYCH 1083 (0.6 ceu)  
Review features of a transdiagnostic approach to the cognitive-behavioral treatment of anxiety disorders.

**Clinical Case Seminar: Anxiety and Mood Disorders**  
PSYCH 1113 (0.7 ceu)  
Using case presentations, you enhance your ability to work with clients in a variety of settings and gain new skills to put to use in your own practice.

*See the website for a complete list of available electives. Course availability is subject to change.

Learn more at extension.berkeley.edu/spos/anxiety_mood.html
Prerequisites for Admission

There are no specific degree or course requirements for the Professional Program in Evidence-Based Therapy for Anxiety and Mood Disorders.

Curriculum and Completion Requirements

The curriculum comprises 4 required workshops and a minimum of 4 electives for a total of 4.9 ceu (49 hours of instruction).

Be sure to indicate on the Extension course roster that you wish to receive continuing education units (CEUs) for the course. This will initiate a record of your attendance.

The program can be completed at your own pace. It will take a minimum of three terms to complete the program, however, all coursework must be completed within five years of registering for the program. Requirements may be updated based on new developments in the field of study; we recommend completing the curriculum in a timely fashion.

How to Register for This Specialized Program of Study

Register for the Professional Program in Evidence-Based Therapy for Anxiety and Mood Disorders at extension.berkeley.edu/cert/register.html. Click on the More Information button next to the program title to begin the registration process. Complete your student account profile if you are a new student, and pay the nonrefundable program registration fee.

You may enroll in individual courses without registering for the Professional Program in Evidence-Based Therapy for Anxiety and Mood Disorders.

Value of a UC Berkeley Extension Specialized Program of Study

As the continuing education arm of the University of California, Berkeley, UC Berkeley Extension is a respected provider of adult and professional education. Fulfilling the requirements for a UC Berkeley Extension specialized program of study reflects the successful completion of a high-caliber, in-depth sequence of courses.

Learn More

For additional information about the Professional Program in Evidence-Based Therapy for Anxiety and Mood Disorders, visit extension.berkeley.edu/spos/anxiety_mood.html, email extension-counspsych@berkeley.edu or call (510) 643-3883.