

For health professionals who want to expand their career through advanced training in handling anxiety disorders...

Anxiety Disorders Online Course



Do you know 14.4% of the Australian population is suffering from anxiety disorders and less than half of those who seek help get adequate treatment?

Spend 24 online learning hours with us, and you will be equipped with the specialised knowledge that enables you to effectively help people with anxiety disorders!

ANXIETY EDUCATION FOR HEALTH PROFESSIONALS (AEHP): A Comprehensive and Accredited Online Course

FACULTY

Prof Gavin Andrews, Prof Philip Boyce, Prof Richard Bryant, Prof Helen Christensen, A/Prof Rocco Crino, Dr Angela Dixon, Dr Juliette Drobny, Dr Kim Felmingham, A/Prof Anthony Harris, Dr Michael Harris, A/Prof Jennie Hudson, A/Prof Caroline Hunt, Dr Kasia Kozłowska, Dr Lisa Lampe, Dr Loyola McClean, A/Prof Ross Menzies, A/Prof Michelle Moulds, Prof Richie Poulton, Dr Chris Ryan, A/Prof Vlado Starcevic, and A/Prof Naomi Wray

DELIVERY

Online self-paced multimedia training modules with lectures, video-based case studies, quizzes, discussion forums and final examination

DURATION

6 months access upon enrolment, 24 learning hours required

SYSTEM REQUIREMENT

Desktop or laptop computer with speaker, fast Internet access, and the latest version of Flash Player plug-in installed in a web browser

PRICE

\$400 (GST exempt)

ENROLMENT METHOD

Online, by phone, or by fax or post using an enrolment form

ENROLMENT ENQUIRY

T +61 2 9036 4789

E cce.info@sydney.edu.au

<http://cce.sydney.edu.au/course/anxd>

Anxiety disorders are amongst the most prevalent psychiatric disorders in the community. Too much worry and anxiety makes it hard for people to concentrate on their tasks at work and home. When people fear specific situations, they often begin to avoid them, making it difficult to go to work, do the shopping, take the kids to school, etc.

People with anxiety disorders need YOUR help... and we can make your help more effective and professional. To help people with anxiety disorders, you must be equipped with the specialised knowledge that enables you to effectively communicate with and provide helpful advice to them.

The good news is that the Australian Government Funded Centre for Clinical Research Excellence in Anxiety and Neuroscience has provided funding to develop an easy-to-learn educational program entitled Anxiety Education for Health Professionals (AEHP). The AEHP program translates the latest research in the field of Anxiety Disorders into clinical practice through a course of study that can be completed in just 24 hours of active online learning time. A large team of 21 subject matter experts have been involved in this e-learning project to give a detailed introduction to:

- The epidemiology of anxiety disorders,
- The phenomenology and diagnostic criteria,
- The related psychological theories,
- The neurobiology of anxiety disorders,
- The evidence-based treatments for anxiety disorders, and
- The theoretical underpinnings of these treatments.

Be part of something big! This is an excellent opportunity to advance your career and expand your value to clinics, hospitals and the society through high quality training. The solution that you can provide to your patients is priceless. You can now take on this opportunity through University of Sydney for only \$400.

COURSE CONTENT

Unit 1 Course Introduction

- Guidelines for E-Learners
- Anxiety Disorders: An Overview

Unit 2 Epidemiology of Anxiety

- Symptoms of Anxiety
- What Is an Anxiety Disorder?
- Current Models of Classification
- How Common Are the Anxiety Disorders?
- The Burden of Anxiety Disorders

Unit 3 Physiology of the Normal Stress Response

- Response of the ANS to Stress
- Panic and Hyperventilation
- Response of the HPA Axis to Stress

Unit 4 Genetics and Gene-Environment Interaction

- Genetics of the Anxiety Disorders
- Identification of Genetic Factors Contributing to Anxiety Disorders
- Gene-Environment Interaction and Human Behaviour

Unit 5 Developmental Antecedents of Anxiety

- Distinct Developmental Presentations
- Development of Anxiety Disorders
- Attachment Theory

Unit 6 Neurobiology of Anxiety Disorders

- Fear Conditioning Principles
- Extinction and Fear Inhibition
- Neural Circuitry of Anxiety
- Neurochemistry of Anxiety

Unit 7 Cognitive Theory

- Cognitive Models
- Schemas
- Specific Cognitive Distortions
- Rumination and Worry
- Other Important Cognitive Perpetuating Factors

Unit 8 Assessment of Anxiety Disorders

- Assessment Interview
- Medical Assessment Issue
- Diagnosis and Differential Diagnoses
- Substance Abuse and Anxiety
- Assessment Tools

Unit 9 Behavioural Therapy

- Principles of Exposure-Based Treatment
- Imaginal Exposure
- In Vivo Exposure
- Evidence Base for Behavioural Therapy

Unit 10 Cognitive Therapy

- Identifying Cognitive Distortions
- Challenging Cognitive Distortions
- Managing Rumination and Worry
- Evidence Base for Cognitive Therapy

Unit 11 Cognitive Behavioural Therapy

- Behavioural Experiments
- Clinical Examples of Psychological Treatments
- Evidence Base for CBT
- Web-Based Treatments for Anxiety: Availability and Evidence Base

Unit 12 Pharmacotherapy

- How to Use Medications in Anxiety Disorders
- Medications that Work and How to Choose between Them
- Benzodiazepines and Anxiety Disorders
- Combining Medications and Cognitive-Behavioural Treatments

Unit 13 Review and Putting It All Together

- Conceptual and Classification Issues
- Psychotherapy, Pharmacotherapy, or Both?
- Final Examination

SCREENSHOTS OF THE PROGRAM

Unit 9 Behaviour Therapy - Module 3 In Vivo Exposure (12/18 / 16/25)

Rocco Crino
Associate Professor
Senior Clinical Psychologist

Case Study – Kathy: In Vivo Exposure

Please watch a video clip of an in vivo session and observe Kathy's anxiety level during the exposure.



Outline Thumbnails Notes Search

1. Module 3 In Vivo Exposure
2. Fear of Taking an Underpass
3. Principles of In Vivo Exposure
4. In Vivo Exposure on a Continuum
5. Rationale of In Vivo Exposure
6. Essential Elements of In Vivo Exposure
7. Goals of Exposure Hierarchy
8. Steps of Exposure Hierarchy
9. Hierarchy Construction
10. Example Exposure Hierarchy
11. Quiz: Factors that Influence the Level of Anxiety
12. Procedure (1)
13. Procedure (2)
14. Case Study - Kathy: In Vivo Exposure
15. Exposure Therapy and Anxiety Over Time
16. Safety Behaviour in the Final Step
17. The End

SLIDE 14 OF 17 PAUSED 04:33 / 05:05

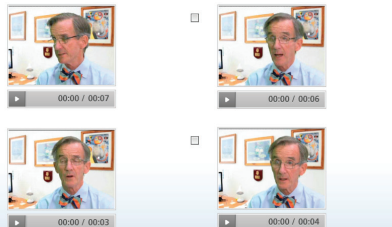
Unit 8 Assessment of Anxiety Disorders - Module 1 Assessment Interview (12/03 / 12/34)

Philip Boyce
Professor of Psychiatry

Quiz: Identifying Genetic Predisposing Factors

Question 1 of 1

In which video clips did Dr. Fasher ask Vilma questions to identify the predisposing factors of her anxiety?



SLIDE 18 OF 22 PLAYING 00:00 / 00:06

Unit 6 Neurobiology of Anxiety Disorders - Module 1 Fear Conditioning and Anxiety (06/21 / 12/26)


Richard Bryant
Professor of Psychology
ARC Laureate Fellow

Quiz: Fear Conditioning - Little Albert

Question 1 of 1

Based on the video clip you just watched, link the terms of fear conditioning with the correct objects or response mentioned in the Little Albert experiment.

Unconditioned stimulus	White rat paired with loud noise
Unconditioned response	Loud noise
Conditioned stimulus	Fear of white rat
Conditioned response	Frightened by the loud noise




SLIDE 4 OF 10 PLAYING 00:00 / 00:05

Unit 7 Cognitive Theory - Module 1 Cognitive Models (11/15 / 14/32)

Lisa Lampe
Senior Lecturer
Snr Consultant Psychiatrist

Brian's Interview Questions

List at least 6 questions that Brian would have needed to ask Angela in order to develop his hypothesis (this formulation and cognitive model) about why she developed anxiety symptoms and why these are continuing to cause Angela problems.



After submitting your answer, you will be able to view and reply to my feedback and your peers' responses.

Re: Brian's Interview Questions by Lisa Lampe - Wednesday, 24 November 2010, 11:43 AM

Your reply

Subject: Re: Brian's Interview Questions

Message:

First name: First name: Paragraph

SLIDE 13 OF 17 CLICK NEXT TO ADVANCE 00:00 / 00:05

PROGRAM DIRECTORS



Professor Philip Boyce
MBBS MD PhD FRANZCP
Discipline of Psychiatry
University of Sydney

Philip Boyce is Professor of Psychiatry and Head of Academic Psychiatry at Westmead Hospital where he also heads the Perinatal Psychiatry Unit. He has a long clinical and research interest in anxiety disorders, mood disorders, psychosomatic disorders and perinatal

psychiatry. He has also taken leadership roles in the profession as President of the RANZCP and the international Marcé society, in the development of clinical practice guidelines and in the development of a competency based training program for the College.

Philip has had considerable involvement with the RANZCP as a Federal Counsellor, Chair of the Board of Research and President. In the latter role he introduced many reforms within the College to make it become more effective in informing and leading mental health policy. After his term as President he took on the role of developing a new competency based curriculum for trainee psychiatrists that will be fully implemented in 2013. Much of the work involved with this has been at the forefront of international educational research.

From 2000-2003 he was a member of the Strategic Research Development Health Research Partnership Committees. He was a member of a Grant Review Panel for three years and Deputy Chair for one. He is a regularly reviewer for the NHMRC.



Associate Professor Anthony Harris
MBBS PhD FRANZCP
Discipline of Psychiatry
University of Sydney

Anthony Harris is an Associate Professor in the Discipline of Psychological Medicine, Faculty of Medicine at the University of Sydney, a senior staff specialist psychiatrist for the Prevention Early Intervention and Recovery Service in the Western Sydney Area Mental

Health Service and the Director of the Clinical Disorders Unit at the Brain Dynamics Centre, Westmead Hospital.

After completing training as a psychiatrist in Sydney, Anthony worked as a consultant in the area of psychogeriatrics in the United Kingdom before completing research work at the Zentralinstitut für Seelische Gesundheit in Mannheim, Germany in the field of psychophysiology.

On return to Australia he has worked in clinical and administrative positions in the Wentworth and Western Area Mental Health Services in Sydney before specialising in the field of early intervention in psychosis. His principle research interests centre on the psychophysiology, neuroimaging and treatment of psychosis and schizophrenia. This work, which he has principally carried out in the Brain Dynamics Centre at Westmead Hospital, has included establishing a large database in the psychophysiology of people with psychosis (first episode psychosis and chronic schizophrenia) and functional magnetic resonance imaging research into the perception of facial emotion in schizophrenia.

STUDENT FEEDBACK

The bringing together of different perspectives is really good. It is very well structured – overall and within each unit. The questions along the way and the quizzes at the end help to ensure processing and learning the information. The course has used videos to demonstrate, most importantly, the behaviour associated with anxiety. I thoroughly enjoyed the course and it is a fantastic idea and very well done!

Anna Watters
Psychologist, Brain Dynamics Centre, Sydney, Australia

As a health care professional dealing with anxiety disorders, I have no need to look any further than AEHP. The course presentation and content is excellent. The site is easy to navigate and the material is presented in a logical way that allows the participant to build and develop their knowledge, reach conclusions and have full confidence that every aspect of anxiety disorders has been thoroughly covered. This is a highly innovative and first class e-learning course.

John O'Brien
Founder, Limbic Stress Release, London, United Kingdom

CERTIFICATE AND ACCREDITATION

CPD accreditation for AEHP has been awarded with a number of specialist colleges and professional associations in the health care field. Upon completion of the course, you will receive a **Certificate of Achievement** or a **Certificate of Participation** issued by University of Sydney depending on your score in the final examination. With either certificate, you can to claim up to 24 CPD hours with:

- Royal Australia and New Zealand College of Psychiatrists,
- Australian Counselling Association,
- Australian College of Rural and Remote Medicine,
- Australian Psychological Society,
- Occupational Therapy Australia, and
- Australian College of Mental Health Nurses.

For full terms and conditions, visit <http://www.AnxietyEducation.edu.au/course/accreditation>.

FOR MORE INFORMATION ABOUT ENROLMENT, CONTACT

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