
Learning Hub: Cognitive Behavioral Therapy for Anxiety

Are you looking for evidence-based strategies to effectively treat anxiety? This course was built especially for you. With a blend of theory and practice, Cognitive Behavioral Therapy for Anxiety uses the skills taught in Cognitive Behavioral Therapy Foundations and adapts them for clients with a variety of anxiety disorders. In this course, you will discover how to treat the cognitive, emotive, and behavioral aspects of anxiety using effective strategies such as relaxation training, breathing training, and the tense-relax method. *NOTE: Cognitive Behavioral Therapy Foundations—A Skills-Based Approach is a prerequisite for this course. You will not receive credit for this course unless you have first completed Cognitive Behavioral Therapy Foundations.*

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LEARNING HUB OVERVIEW

ESTIMATED COURSE LENGTH: 2 hrs. 30 min.

CE CREDITS: **2.50** continuing education hours for social workers and psychologists / **1.75** continuing education hours for counselors

TARGET AUDIENCE:* Mental Health Providers

LEVEL OF INSTRUCTION: Advanced

PREREQUISITE(S): **Cognitive Behavioral Therapy Foundations: A Skills-Based Approach**

INSTRUCTIONAL METHOD: Self-paced; interactive; hybrid of audio, text, video, and learning checks

ACCESSIBILITY ACCOMMODATIONS: Color contrast; transcripts of video components; closed captioning of audio and video components. *In order to request further accessibility accommodations, please email support@psychhub.com.*

REGISTRATION: To enroll in this or any other Psych Hub Learning Hub, go to lms.psychhub.com, click “Log In” to create a new account or access your existing account, return to lms.psychhub.com to access a list of Learning Hubs, click the title of the Learning Hub in which you are interested, and follow the instructions on the page.

**Note: We have categorized our Learning Hubs based on suggested/targeted audiences. However, everyone is encouraged and welcome to take any Learning Hubs.*

LEARNING HUB PACKAGES & PRICING

This Learning Hub is available individually or as part of different packages as well as with or without supplementary videos. Continue reading to learn what each purchase option includes.

Cognitive Behavioral Therapy for Anxiety ★

- **Course modules:** 7 modules with over 30 components in each module (components consist of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games and more)
- **Supplementary PDFs:** 6 downloadable PDFs expanding on relevant course topics

Cognitive Behavioral Therapy for Anxiety (Videos Included) ★

- **Course modules:** 7 modules with over 30 components in each module (components consist of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games and more)
- **Supplementary PDFs:** 6 downloadable PDFs expanding on relevant course topics
- **Refresher videos:** 1 provider video to highlight key concepts in Cognitive Behavioral Therapy for Anxiety
- **Client videos:** 20 companion videos for your clients specifically designed to reinforce skills learned in cognitive behavioral therapy for anxiety treatment; over 120 mental health literacy videos for clients on a host of mental health topics

Cognitive Behavioral Therapy Series ★

- **Course modules** and **supplementary PDFs** of ALL Psych Hub Cognitive Behavioral Therapy Learning Hubs

Cognitive Behavioral Therapy Series (Videos Included) ★

- **Course modules, supplementary PDFs, and supplementary videos** of ALL Psych Hub *Cognitive Behavioral Therapy* Learning Hubs

Psych Hub Subscription ★

- **Course modules, supplementary PDFs, and supplementary videos** of ALL Psych Hub Learning Hubs

Learning Solutions for Organizations

To learn about options for organizations, including bulk purchases, Learning Hub customization, and Learning Hub co-development, email info@psychhub.com.

PACKAGES & PRICING	COGNITIVE BEHAVIORAL THERAPY FOR ANXIETY	COGNITIVE BEHAVIORAL THERAPY FOR ANXIETY	COGNITIVE BEHAVIORAL THERAPY SERIES	COGNITIVE BEHAVIORAL THERAPY SERIES	PSYCH HUB SUBSCRIPTION
		VIDEOS INCLUDED		VIDEOS INCLUDED	VIDEOS INCLUDED
COURSE MODULES	✓	✓	✓	✓	✓
SUPPLEMENTARY PDFS	✓	✓	✓	✓	✓
SUPPLEMENTARY VIDEOS	X	✓	X	✓	✓
ADDITIONAL COURSES	X	X	✓	✓	✓
COST	\$50/year	\$75/year	\$199/year	\$299/year	\$360/year \$30/month

LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Interpret anxiety-causing cognitive distortions and evaluate these six restructuring techniques: thought change records, Socratic questioning, decatastrophizing, examining the evidence, generating alternatives, and coping cards.
2. Appraise anxious and avoidant behaviors and explain the following four behavioral activation techniques: disciplined worry periods, testing worry, stopping safety behavior, and surveying others.
3. Summarize the following six CBT strategies for coping with anxious emotions: emotional tolerance, acceptance, adapting, stress management, getting outside, and practicing the tense-relax method.
4. Examine the following three CBT session techniques: behavioral and cognitive modification, teaching healthy coping skills for anxiety, and explaining client homework assignments.
5. Gauge self-performance and client progress using measurement-based care and assess client's readiness for termination of therapy, and/or potential for relapse using the techniques of maintenance, anticipating setbacks, and booster sessions.

MODULE OVERVIEWS

Module 1: Seeking Treatment

- Applying the DSM-5 criteria for diagnosing generalized anxiety disorder
- Discussing the nature of generalized anxiety disorder and differentiating it from other anxiety disorders
- Applying the cognitive behavioral model to anxiety
- Summarizing cognitive and behavioral therapy for anxiety disorders
- Identifying the symptoms of generalized anxiety disorder
- Explaining the empirical evidence behind using CBT to treat anxiety

Module 2: Starting Individualized Treatment

- Educating your client on the cognitive-emotive-behavioral facets of treatment
- Creating a case conceptualization
- Building a treatment plan addressing the specific needs of the client
- Explaining the necessity for a broad assessment of the client's functioning, personal experiences, and environment
- Identifying specific goals the client would like to reach during treatment

Module 3: Cognition and Anxiety

- Compiling evidence of dysfunctional core beliefs and cognitive distortions that contribute to anxiety
- Utilizing techniques to modify cognitive core beliefs
- Identifying client-specific core beliefs

- Developing a written and concise treatment plan for clients to modify core beliefs and reduce anxiety

Module 4: Emotions and Anxiety

- Providing strategies for responding to negative emotions
- Explaining the difference between worry types 1 and 2
- Explaining how tolerance of negative emotions can reduce anxiety
- Listing the techniques for coping with negative emotions
- Describing the different ways worry can manifest

Module 5: Behavior and Anxiety

- Giving examples of behavioral-focused strategies to help clients reduce feelings of anxiety
- Educating the client on the connection between avoidance and anxiety
- Demonstrating how to facilitate behavioral intervention
- Assessing the effects of behavioral intervention on the client
- Collaborating with the client in choosing behavioral strategies to try in sessions
- Evaluating the client's progress on implementing behavioral strategies to reduce symptoms of anxiety

Module 6: Tools for Relaxation

- Demonstrating relaxation techniques that are appropriate to use with clients experiencing anxiety
- Describing the benefits of using CBT techniques to treat anxiety
- Providing practical strategies for using relaxation techniques in daily life
- Explaining how practicing relaxation techniques daily can decrease anxiety
- Discussing how physically tranquil environments have an effect on cognitive functions

Module 7: Ending Treatment and Preventing Relapse

- Assessing for the rationale or medical necessity of ending treatment
- Structuring a post-therapy plan to help prevent recurrence of anxiety symptoms
- Demonstrating flexibility in tailoring end-of-therapy processes to the individual needs of the client
- Defining a setback
- Preparing your client to handle setbacks when they occur
- Demonstrating techniques and strategies for prevention of relapse

COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all modules
- Take the post-course assessment (passing score: 85% or higher*)

- Complete the course evaluation

**Learners may attempt the post-course assessment up to three times to earn a passing score. If a learner does not earn a score of at least 85% on their third attempt, they will not receive credit for the course.*

PSYCH HUB CERTIFICATION

Once you have successfully completed the course, you will be presented the option to pursue Psych Hub Certification. *Please note two things: (1) Psych Hub Certification is not affiliated with continuing education credit in any way, and (2) Psych Hub Certification is not available for every Learning Hub.*

The Certification Project is a special, post-course project where you will get full Psych Hub certification for drafting, submitting, and finalizing a case study where the information in this course is applied. For more information, see the points below.

For learners who opt not to accomplish the certification project

All learners will receive a general certificate of completion upon completing all Learning Hub elements. You can remain active in the discussions by regularly visiting the course Psych Hub Forums.

Browse our other available Learning Hubs to continue your learning journey!

For learners who opt to accomplish the certification project

Acquaint yourself with the different guidelines in place for the project:

- [Case Study Requirements](#)
- [Case Study Rubric](#)
- [PH Level Requirements and Submission Portal Instructions](#)

When you are ready to submit your Case Study, click the "Certificate Project Submission Portal" in the course.

CONTINUING EDUCATION INFORMATION

For more information on Psych Hub's continuing education programs, email ce@psychhub.com.

Approving Organizations

American Psychological Association (APA)



Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.

Psychologists completing this course receive **2.50** continuing education credits.

Association of Social Work Boards (ASWB)



Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive **2.50** clinical continuing education credits.

California Association of Marriage and Family Therapists (CAMFT)



Course meets the qualifications for **2.50** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Psych Hub is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Psych Hub maintains responsibility for this program/course and its content. CAMFT Approval #1000074.

National Board of Certified Counselors (NBCC)



Psych Hub has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7051. Programs that do not qualify for NBCC credit are clearly identified. Psych Hub is solely responsible for all aspects of the programs.

Counselors completing this course receive **1.75** continuing education hours.

CE Credit Calculation

APA, CAMFT, & ASWB Credit Calculation

Continuing education credits for psychologists, social workers, and marriage and family therapists are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

Average Pilot Test Length: 2 hours 35 minutes

NBCC Credit Calculation

Continuing education hours for counselors are calculated by summing the length of all course videos and voiceover, rounded up to the nearest quarter hour. This does NOT include time taken to complete interactive elements of the course.

Combined Video and Voiceover Length: 1 hour 36 minutes

Timed Course Outline

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

Course Activities for CE Credit (≥ 2 hours)

- Pre-Course Assessment (12 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 1: Seeking Treatment (10+ minutes)
- Module 2: Starting Individualized Treatment (17+ minutes)
- Module 3: Cognition and Anxiety (13+ minutes)
- Module 4: Emotions and Anxiety (12+ minutes)
- Module 5: Behavior and Anxiety (13+ minutes)
- Module 6: Tools for Relaxation (9+ minutes)
- Module 7: Ending Treatment and Preventing Relapse (15+ minutes)
- Theory Tank (7+ minutes)
- Post-Course Assessment (12 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]

Course Activities NOT for CE Credit

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Supplementary Video Review
- (OPTIONAL) Written assignment to earn Psych Hub Certification

Obtaining Certificates of Completion

After completing the pre-course assessment, reviewing all modules, completing the post-course assessment with a score of at least 85%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS

Psych Hub's Grievance Policy, which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found by clicking [here](#) or navigating to the footer of lms.psychhub.com.

COURSE AUTHORS

To submit questions or comments for course authors, email ce@psychhub.com.

Gregory K. Brown, Ph.D.

Clinical Psychologist & Cognitive Behavioral Therapy Master Clinician

Dr. Brown is an internationally renowned expert in suicide prevention whose work has led to transformational advances in the treatment of suicidal individuals. His research aims to develop and evaluate the effectiveness of innovative, targeted interventions designed to reduce vulnerability factors associated with suicidal behavior in high-risk populations and to examine and improve the implementation of evidence-based treatments into “real world” settings to prevent suicide. With colleagues, Dr. Brown developed two clinical interventions for individuals at risk for suicide: the Safety Planning Intervention and Cognitive Therapy for Suicide Prevention. The Safety Planning Intervention is an evidence-based, brief suicide prevention strategy that has been used in research and widely disseminated in health care settings, including the VA. Cognitive Therapy for Suicide Prevention, one of the few existing evidence-based psychotherapy interventions, has been shown to prevent suicide attempts among individuals at high risk for suicide. He also provides clinical training for clinicians in suicide assessment and risk management, cognitive behavior therapy for depression, and suicide prevention.

Barbara H. Stanley, Ph.D.

Clinical Psychologist

Dr. Stanley is a clinical psychologist who specializes in the treatment of individuals with borderline personality disorder, depression, and self-harm. With her colleague, Dr. Gregory Brown, she developed the Safety Planning Intervention that is used in Emergency Departments, inpatient and outpatient facilities, throughout the VA and on crisis hotlines. She currently holds numerous leadership positions as Professor of Medical Psychology in the Department of Psychiatry at Columbia University Vagelos College of Physicians & Surgeons, the Director of the Suicide Prevention Training, Implementation and Evaluation for the Center for Practice Innovation and Research Scientist in Molecular Imaging and Neuropathology at the New York State Psychiatric Institute and the Leader of the Conte Center for Suicide Prevention Project 5, “Stress, Inflammation, Aggression and Emotion Regulation in Suicidal Behavior”.

SYSTEM REQUIREMENTS

Accessing this Learning Hub requires an internet connection. The following technology can be used for access:

Operating Systems

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser and connection

Internet Browsers

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

ADDITIONAL INFORMATION

Conflict of Interest Disclaimer

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub’s Conflict of Interest Policy can be found in the footer of lms.psychhub.com.

Course Creation Date

2/27/2020

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