

Course ID: CMEC26

Cognitive behavior therapy in anxiety disorders

Course director: Lars-Göran Öst

Educational Objectives: To provide basic knowledge on background for and use of CBT

Course description: Various types of cognitive behaviour therapy for anxiety disorders have been evaluated in randomised clinical trials during the last 35 years, yielding a total of more than 320 studies. The course will describe some of the theoretical models behind these treatments, the CBT-treatment having the strongest evidence base for each of the anxiety disorders, and briefly review the short- and long-term effects of these treatments.

Target audience: Psychiatrists working with anxiety disorders.

Course level: Basic.