

"Don't Panic!" Diagnosis and Management of the Anxiety Disorders

C C L H D / P H N E D U C A T I O N S E S S I O N

LEARNING OUTCOMES:

- Be able to describe the epidemiology of the Anxiety Disorders (Generalised Anxiety Disorder, Social Anxiety Disorder and Panic Disorder)
- Be able to identify the clinical characteristics of the Anxiety Disorders
- Be able to explain to patients the relationship between anxiety and performance, the importance of exposure and provide basic psychoeducation
- Be familiar with psychological management of the Anxiety Disorders
- Be confident in providing first line pharmacological management of the Anxiety Disorders

SPEAKERS: Chair – Dr Elsa Bernardi, Clinical Director, Mental Health Services, CCLHD

Guest Speaker - Emeritus Professor Philip Boyce formerly Professor of Psychiatry University of Sydney, Westmead Clinical School and Head of Perinatal Psychiatry.

WHO: General Practitioners and GP Registrars

WHEN: Monday 20th March 2023

TIME: 6.00pm – 9.00pm

6.00pm registration, 6.30pm start (2 course dinner provided)

WHERE: Crowne Plaza Terrigal, Pinetree lane, TERRIGAL

RSVP: Please [click here](#) to register