



## **Cognitive Behavioural Therapy (CBT) for Anxiety Among Older Adults** *AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS*

**When: Monday, May 9<sup>th</sup> to Sunday, June 5<sup>th</sup>, 2022 (4 weeks) ONLINE weekly at your discretion**

**Cost: \$240 (Students \$120) Sufficient Enrolment Decision Deadline: Monday, May 2<sup>nd</sup>, 2022**

**This workshop will be offered only if there is sufficient enrolment.**

### **Week 1:**

- Cognitive Behavioural Therapy (CBT) and its usefulness
- The principles of CBT
- Expanding CBT to older adults
- Goals of CBT for anxiety in older adults

### **Week 2:**

- The importance of behavioural activation for anxiety, e.g. avoidance
- The connection between mood and physical reactions
- Panic Disorder
- Diaphragm breathing
- Relaxation techniques: the progressive muscle relaxation technique and visualization

### **Week 3:**

- A closer look at thoughts
  - Automatic thoughts
  - Core beliefs
- Restructuring thoughts through the thought record
- Fears associated with older adults, e.g. health conditions, safety, death and dying
- Case examples

### **Week 4:**

- Exposure
- Stressful or traumatic events
- Adapting to changes in later life and associated fears/expectations
- Case examples
- Clinician triggers, burnout and self-care

### **Instructor: Janany Jayanthikumar, MSW, RSW**

Janany has a Masters of Social Work from the University of Toronto, with a specialization in health and mental health. She has diversified experience in mental health, working in hospital and academic settings. As a clinical social worker and therapist at the Scarborough Health Network, Janany has extensive knowledge utilizing evidence based practices as well as training other practitioners in the field.

Registration and payment available online at [www.aging.utoronto.ca](http://www.aging.utoronto.ca)