



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

When: Monday, May 8th to Sunday, June 4th, 2023 (4 weeks) ONLINE weekly at your discretion

Cost: \$240 (Students \$120) Sufficient Enrolment Decision Deadline: Monday, May 1st, 2023

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 <https://aging.utoronto.ca/642-2/>