



DR CATE HOWELL
& COLLEAGUES

Focussed Psychological Strategies: Advanced Management of Anxiety Disorders

Dr Cate Howell has developed this 20-hour training aiming to provide GPs and mental health professionals with the skills and knowledge to effectively assess and manage anxiety disorders, and to develop skills in relevant evidence-based therapies (CBT, relaxation therapies).

To be facilitated by Dr Cate Howell and Dr Michele Murphy (Clinical Psychologist), authors of *'Release Your Worries: A Guide to Letting Go of Stress and Anxiety'*.

Friday 3rd Sept 2021 (5-9pm)
And Saturday 4th and Sunday 5th (all day)
Total of 20 hours of training

At Unley in Adelaide, SA. Venue TBC.

Cost \$847 (incl GST) Includes manual & handouts, morning & afternoon teas, supper on Friday evening.

For more information see <https://www.drcatehowell.com.au/workshops/current-workshops/> Or contact Cate Howell via cate.howell@gmail.com or 0417867815

RACGP Activity No 237449: 40 CPD program points allocated.
ACRRM PDP accreditation Activity No 12229.
This activity is approved by the GPMHSC for Focussed Psychological Strategies.

