

## ANXIETY DISORDERS



The goal of this continuing education program is to update the clinical knowledge of occupational therapists and other healthcare professionals about screening, identifying and treating the most common types of anxiety disorders.

### Upon completion of this course, you will be able to learn:

- Define and distinguish between the various categories of anxiety disorders
- Identify triggers to anxiety reactions
- Describe symptoms associated with anxiety disorders
- Evaluating (what important questions to ask?) clients for anxiety disorders.
- Use assessment of the anxious client (Social, Rest and Sleep, Work, Leisure, Activities of Daily Living (ADLs)
- Use common general occupational therapy assessments such as Occupational Performance History Interview-II (OPHI-II), Occupational Self-Assessment (OSA) and Role Checklist, Kolman Evaluation of Living Skills (KELS), and the Independent Living Skills (ILS)
- Use available therapy for controlling anxiety
- Learn effective methods of communication when working with anxiety patients.
- Use types of interventions and approaches following the Occupational Therapy Practice to control anxiety for very anxious clients.
  - Relaxation training
  - Breathing Exercises
  - Visualization
  - Assertiveness and Social Skills Training
  - Community Mobility and Entry
  - Expressive Activities
  - Functional Behavior Training
  - Education and Lifestyle Changes
  - Sensory Integration Interventions

**Author: Christine Church , M.S., OTR/L  
Elizabeth Anderson, MPT, MPH**

**Contact Hours : 2 Hours**

Instructional Methods : Online Independent Self-Study (Training + Post-Test)

**Target Audience: OTs, OTAs, PTs, PTAs and Other Healthcare Professionals**

**Prerequisites:** None

**Cost: \$20 / Participant**