

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:

- Define and differentiate various categories of anxiety disorders.
- Describe triggers to anxiety reactions.
- Discuss risk factors for anxiety disorders and selected medical conditions where anxiety is present.
- Describe symptoms associated with anxiety disorders .
- Discuss general anxiety disorder (GAD) screening tool 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).
- Describe pharmacological and occupational therapy interventions approaches for controlling anxiety.
- Discuss proven methods of communication to communicate effectively with anxiety patients.

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Contact Hours: 2 Hours (AOTA CEUs—0.2)

Cost: \$15 / Participant

Instructional Methods : Online Independent Self-Study (Training + Post-Test). A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

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

Educational Level: Intermediate

Prerequisites: None

AOTA Classification Codes: Category 2—Occupational Therapy Process

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