

## Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents

**Tuesday, Nov. 20, 2018**

**Early-Bird Deadline: Nov. 6, 2018**

Canad Inns Polo Park  
1405 St. Matthews Ave.

### Presenter



Professor David M Clark is the Chair of Experimental Psychology at the University of Oxford. He is well-known for his pioneering work in combining experimental psychopathology and clinical studies to develop new and effective psychological treatments for anxiety disorders. NICE currently recommends the treatments

developed by David's group as first line interventions for panic disorder, social anxiety disorder and PTSD. Recently, he has focused on how to effectively disseminate treatments to the public and is one of the architects of the English Improving Access to Psychological Therapies (IAPT) Programme. Currently, the IAPT program treats around 600,000 people per year and reports clinical outcomes on almost everyone. David is the UK Government's Clinical and Informatics Advisor for the program and provides advice on the dissemination of psychological treatments to commissioners in many other countries.

He is an Honorary Fellow of the BPS & BABCP and a Fellow of the British Academy and Academy of Medical Sciences, the Association for Behavioral and Cognitive Therapies, and the Association for Psychological Science (USA). He holds Lifetime Achievement/Distinguished Scientist Awards from BPS, American Psychological Association, American Association for Behavioural and Cognitive Therapies and the Society for Science in Clinical Psychology. In 2012 he was made a Commander of the British Empire in recognition of his work in mental health.

### Learning Objectives

- To identify key processes in maintaining social anxiety disorder
- The main procedures in cognitive therapy for social anxiety disorder
- How to track change in the maintenance processes during therapy.

### Program Schedule

**8:00 - Registration & Breakfast**

**9:00 - Workshop begins**

**10:30 - Break**

**12:00 - Luncheon (served on-site)**

**13:00 - Workshop continues**

**14:30 - Break**

**16:00 - Concluding remarks**