



Therapeutic Interventions for Older Adults with Anxiety Disorders *AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS*

When: Monday, February 5th to Sunday, March 4th, 2018 (4 weeks) ONLINE weekly at your discretion
Cost: \$240 (Students/Seniors \$120) *Registration Deadline: Monday, January 29, 2018*
This workshop will be offered only if there is sufficient enrolment.

Week 1: Introduction to Anxiety Disorders in Older Adults

- Overview of types of anxiety: Generalized Anxiety Disorder, Panic Disorder, Social Anxiety Disorder, Obsessive Compulsive Disorder
- Discuss the prevalence of anxiety in older adults
- Explore risk factors including increased disability, changes in physical health, impaired functioning and decreased quality of life

Week 2: Life Transitions and Anxiety

- Review co-morbidities including depression, pain, sleep disturbances and dementia
- Explore cumulative losses in aging
- Discuss caregiver experiences and anxiety
- Demystify beliefs regarding older adults and anxiety

Week 3: Evidence-Based Treatments for Anxiety

- Cognitive Behavioural Therapy (CBT)
- Problem Solving Therapy
- Mindfulness Based Therapies
- Arts Based Approaches
- On-line/Telephone Based Approaches
- Groups

Week 4: Determining the Most Helpful Therapeutic Approach

- Overview of assessment tools
- Identify key barriers to accessing help
- Integrating complimentary concepts and therapeutic models
- Collaborative approaches to care and treatment

Cindy Brcko, MSW, RSW is a social worker and therapist who specializes in aging, chronic disease and brain health. She has over 20 years of clinical experience and has worked at Baycrest Health Sciences since 2000. Cindy works with individuals, couples and families in both the public sector and in her private counselling practice around life transitions, illness, caregiver stress, grief, loss, anxiety, depression and navigating the health and social system. Cindy completed a research fellowship awarded by the Katz Centre for Gerontological Social Work, has published in scholarly journals and is committed to providing field instruction to MSW candidates. She has been invited to numerous speaking engagements and has been interviewed by local and national media for her work with seniors and families. Cindy's collaborative approach to counselling combines several therapeutic modalities including Cognitive Behavioural Therapy, Narrative Therapy and Mindfulness Based interventions.