

Hér með vottast að

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hefur setið námskeiðið

## **Cognitive Therapy for Social Anxiety Disorder**

In cooperation with the Icelandic Association of CBT

This two-day workshop presents the Clark & Wells model and illustrates the key treatment procedures that have been developed from the model. These include: the self-focused attention and safety behaviours experiential exercise, video-feedback, externally-focused attention training, behavioural experiments, and procedures (discrimination training and memory re-scripting) for addressing early traumatic experiences that influence patients' current behaviour in social situations.

The workshop was a part of the specialized program in cognitive behavioral therapy.  
Taught in English.

Teacher: Professor David M. Clark, University of Oxford

Time: 5th and 6th of April 2024

alls 14 klukkustundir



Halla Jónsdóttir  
Endurmenntunarstjóri