



Society of Professional Social Workers (Inc)

PO Box 6573, East Perth, Western Australia 6892

www.spsw.net.au

ABN 90 404 582 393

Workshops and events presented by SPSW are open to all human service workers



SOCIAL ANXIETY DISORDER (SAD)

PRESENTED BY

Prof. Peter McEvoy (BSc(hons), MPsych(clin), PhD.)

Friday 1st October, 2021

8:45 am – registration for 9:00am prompt start – 4:30 pm

North West Metropolitan TAFE

Training Room A346

Cnr Richmond and Oxford Sts

Leederville

Morning/Afternoon Tea and Lunch Provided

SPSW is delighted to present this new workshop by Prof Peter McEvoy, a Senior Clinical Psychologist at the Centre for Clinical Interventions and a teaching and research Professor in the School of Psychology at Curtin University. He has experience running treatment groups, leading research projects and is a published author in the field of anxiety.

Social anxiety disorder (SAD) is one of the most common mental disorders, and it can have severely detrimental impacts on an individual's ability to reach their social and occupational potential. People with SAD have a core fear of evaluation from others, which is associated with a range of factors such as negative thoughts and images relating to social threat, avoidance and safety behaviours, self-focused attention, negative core beliefs about the self and others, and anticipatory and post-event processing (i.e., rumination).

This workshop will briefly review some of the dominant theories of SAD and will then describe core components of cognitive behaviour therapy that are designed to target these maintaining factors with some case examples. Handouts and worksheets that can help to guide therapists and clinicians through the key strategies will be provided. Recent face-to-face and online approaches to treating SAD will be reviewed.

By the end of the workshop, participants will be able to feel confident they can:

- Assess for key cognitive and behavioural maintaining factors for SAD;
- Develop a cognitive behavioural formulation to guide an evidence-based treatment plan;
- Implement techniques to modify maintaining factors and successfully treat SAD;
- Adapt interventions for telehealth when required; and
- Evaluate the effectiveness of their intervention

If you are interested in a skill-rich and thoughtful workshop, this is one to consider.

Please see accompanying registration form to register early to prevent disappointment as SPSW workshops are generally over subscribed

All welcome - SPSW workshops and events are open to all human service workers