

OCTOBER 16-18, 2014
THE SENTINEL HOTEL, PORTLAND, OR

SESSION DETAILS

Session #: 203

Title: Non-Pharmacologic Treatment of Anxiety Disorders - What Is Out There and Is It Helpful?

Speaker: Sally Rothacker-Peyton, PMHNP-BC

Date: Friday, October 17

Time: 9:35-10:50 a.m.

CE Contact Hours: 1.25

Pharmacology Hours: 0.08

SESSION DESCRIPTION

The focus of this presentation is to provide an updated on anxiety disorders, E.B. research on treatment of anxiety disorders along the age continuum, talking with patients about their options and referrals/resources.

LEARNING OBJECTIVES

Upon completion of this session, the learner will be able to:

1. Identify DSM 5 criteria for primary anxiety related diagnosis.
2. Describe use of at least 3 non-pharmacologic evidence based intervention strategies that can be discussed with individuals with anxiety.
3. Recognize 3 quick intervention practice-based strategies for rapid relief of situational anxiety.
4. Compare potential resources available for referral and identify at least 5 referrals that can be used to support client population.

DISCLOSURES

Conflict of Interest for Planners & Presenter:

- The planners of this CNE activity declare no conflicts of interest in the development and implementation of this educational activity.
- This presenter declares no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.