

An Introduction to Anxiety Disorders (Half day)

BACKGROUND:

Anxiety disorders are a group of mental illnesses, and the distress they cause can keep an individual from carrying on with their life normally. For people who have an anxiety disorder, worry and fear are constant and overwhelming, and can be disabling. This course is designed to support you to both understand, and better communicate with and help someone living with an anxiety disorder.

TARGET GROUP:

All staff members working with individuals who have a diagnosis or who may have an anxiety disorder.

COURSE AIM:

This half day course aims to provide an awareness by improving your knowledge and skills to enable you to work effectively with someone you support who has an anxiety disorder.

LEARNING OUTCOMES: Following the training delegates will feel more confident in the following areas;

1. Understand what anxiety disorders are
2. Have increased knowledge of the types of anxiety disorders
3. The risk factors associated with anxiety disorders
4. Better knowledge of the role of treatments available
5. Strategies to support and better communicate with individuals you work with

ORGANISATIONAL BENEFITS:

When staff are supported and receive training to support them in their role, the impact on their confidence and ability to deliver the service can only be positive, they feel valued and retention is improved along with good practice.

For 12-14 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk