Anxiety disorders affect up to 40 million American adults age 18 years and older in a given year. An increasing number of evidence-based treatment approaches can help most people overcome some of the most common anxiety disorders, including generalized anxiety disorder, panic disorders, obsessive-compulsive disorders (OCD), post-traumatic stress disorder (PTSD), and social and more specific phobias. In the Professional Program in the Treatment of Anxiety Disorders, you learn about some of the major causes, diagnostic issues, and prevention and treatment approaches that you can incorporate into your practice.

5 Required Workshops, 1 Elective*, 4.0 ceu
40 Hours of Instruction

**Clinical Case Seminar: Anxiety Disorders**  PSYCH 1016 (0.7 ceu)
Review your own cases with a master clinician and your peers.

**From Worry to Panic: Phobias, GAD and Panic Disorders**  PSYCH 1019 (0.7 ceu)
Understand key elements of phobia, GAD and panic disorder diagnoses, and thoroughly review treatment strategies.

**Post-Traumatic Stress Disorder: Assessment and Treatment**  PSYCH 105 (0.7 ceu)
Gain a thorough understanding of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) diagnostic criteria for PTSD; recognize clinical manifestations of the disorder; and review considerations for treatment.

**Treating Obsessive-Compulsive Disorder and Body Dysmorphic Disorder**  PSYCH 1068 (0.7 ceu)
Become familiar with these diagnoses, review cognitive and behavioral manifestations of each, and thoroughly explore forms of treatment.

**Understanding and Treating Anxiety Disorders: An Overview**  PSYCH 1072 (0.7 ceu)
Understand how to define the various anxiety disorders, explore related factors such as prevalence and comorbidity, and provide an overview of treatment considerations.

*See the website for a complete list of available electives. Course availability is subject to change.

Learn more at extension.berkeley.edu/spos/anxiety.html
Prerequisites for Admission

There are no specific degrees or course requirements for the Professional Program in the Treatment of Anxiety Disorders.

Curriculum and Completion Requirements

The curriculum comprises 5 required workshops and 1 elective for a total of 4.0 ceu (40 hours of instruction).

Be sure to indicate on the Extension course roster that you wish to receive continuing education units (CEUs) for the course. This will initiate a record of your attendance and a letter of completion for reporting to your state licensing board.

All coursework must be completed within five years of registering for the program. However, requirements may be updated based on new developments in the field of study; we recommend completing the curriculum in a timely fashion.

How to Register for This Specialized Program of Study

Register for the Professional Program in the Treatment of Anxiety Disorders at extension.berkeley.edu/cert/register.html. Click on the More Information button next to the program title to begin the registration process. Complete your student account profile if you are a new student, and pay the nonrefundable program registration fee.

You may enroll in individual courses without registering for the Professional Program in the Treatment of Anxiety Disorders.

Value of a UC Berkeley Extension Specialized Program of Study

As the continuing education arm of the University of California, Berkeley, UC Berkeley Extension is a respected provider of adult and professional education. Fulfilling the requirements for a UC Berkeley Extension specialized program of study reflects the successful completion of a high-caliber, in-depth sequence of courses.

Learn More

For additional information about the Professional Program in the Treatment of Anxiety Disorders, visit extension.berkeley.edu/spos/anxiety.html, email extension-counspsych@berkeley.edu or call (510) 643-3883.