

Cognitive Behavior Therapy Indonesia
Stress and Anxiety disorders:7 sessions

- 1) Biological psychology of stress
- 2) Cognitive model of stress
- 3) Basic strategy for treating stress
- 4) Cognitive model of anxiety
- 5) Basic strategy for treating anxiety disorder
- 6) Principles of Stress Management
Treatment of Specific Phobias, & Generalized Anxiety Disorder
- 7) Treatment of Panic Disorder & PTSD
Treatment of Obsessive-Compulsive Disorder & Social Anxiety Disorder