

## O-46 - GROUP CBT OF ANXIETY DISORDERS

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Anxiety disorders are chronic psychiatric conditions with a low rate of natural remission, producing substantial decreases in the quality of life and numerous specific social role impairment and disabilities. Over past 15 years, behavioral, cognitive, and cognitive behavioral procedures (primarily exposure and cognitive reconstruction based treatments) were found to be effective in the treatment of anxiety disorders. The purpose of this mini workshop is to present the main principals and techniques of a short-term group cognitive behavioral therapy for these patients. In our work, we combine education, cognitive reconstruction, behavioural experiments, exposure therapy, social skills training and problem solving approach. This program will demonstrate how to provide significant improvement even for those with the most severe anxiety disorders. Participants will learn theoretically and practically in exercises: (1) The cognitive and behavioral models of anxiety disorders (2) The main principles of group cognitive behavioral therapy for anxiety disorders (3) How to use CBT techniques useful for anxiety disorders in group: (4) Cognitive reconstruction; - social skills training with role playing; - behavioral experiments and exposure (including imaginal exposure); - problem solving.

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