

## CBT TRAINING SCHEDULE

Program offered by Unified CBT Academy

Speaker: Dr Sanjay Rao

Location: Online

Link to program descriptions and registration: <https://unifiedcbt.com/workshops>

Date	Day	Time	Topic
<b>October</b>			
8	Thursday	4:30 pm-7:00 pm	Effective CBT for Panic Disorder
16	Friday	8am-1pm	Systematic Behavioural Activation Treatment of Depression
30	Friday	8am-1pm	Strategic CBT for Social Anxiety Disorder using virtual platforms
<b>November</b>			
6	Friday	8am-1pm	Unified CBT for Obsessive Compulsive Disorder
13	Friday	8am-1pm	Unified CBT for Generalised Anxiety Disorder
20	Friday	8am-1pm	Health/Anxiety and Somatisation: The Unified CBT Approach
27	Friday	8am-1pm	Adult ADHD: Enhancing outcomes with CBT
<b>December</b>			
4	Friday	8am-1pm	Understanding and Dealing with Co-morbidity in CBT
11	Friday	8am-1pm	Rumination Focussed CBT for Depression