

ANXIETY: A COGNITIVE BEHAVIOURAL PERSPECTIVE

- ELAINE DAVIES



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Resource Guide

About Elaine Davies

I'm a Senior Lecturer CBT at Coventry University. I have been a Clinical Lead in IAPT services for 8 years. I also have a particular interest in Anxiety. I am looking forward to sharing my knowledge and skills of being a practitioner for 20 years with you.



Event Details

This session will be an opportunity for an interactive and exploration on a skills session in understanding the presentation Anxiety, separating the different presentations of anxiety, demonstrating how and what tools and techniques can benefit the therapeutic work.

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