

Anxiety disorders – Managing the Jitters

Aakalan, the Learning Center for IPH (Institute for Psychological Health), Thane is conducting a Three day workshop on “**Anxiety Disorders – Managing the Jitters.**”

This three day hands-on workshop will focus on:

- Medical perspective - Biology of anxiety and Medical management
- Psychological perspective – Manifestation of Anxiety and Psychological management.
- Understanding Anxiety - Changing concepts
- Diagnosis and Assessment
- Distinguishing between Anxiety as a clinical disorders and Anxiety as part of personality
- The General Practitioner / Family Physicians as a first point of contact

Eligibility : Mental Health Professionals, Medical Professionals, Post graduate students in Psychology

Date- 16th, 17th & 18th November 2018 (**Days-** Friday, Saturday & Sunday)

Timing - 10 am - 5 pm

Facilitators – Dr. Wilona Annunciation – Psychiatrist
Kavitagauri Joshi – Clinical Psychologist

Registration fees- Rs.9,000/- for 3 days (Inclusive of Breakfast and Lunch)

EARLY BIRD AND GROUP DISCOUNTS AVAILABLE!!

Upto 20th October 2018- Rs. 7500/- per person;

Upto 5th November 2018- Rs.8000/- per person

Group Discounts on groups of 3 or more:

Upto 20th October 2018- Rs. 7000/- per person

Upto 5th November 2018- Rs. 7500/- per person

Last date for registration: 12th November 2018

For Registration: Roopa More : 9870600283- 11 am to 6.00 pm. (Monday to Saturday)

Accommodation available on first come first served basis.

Participation in the workshop has to be confirmed on phone and email roopaiph@gmail.com

Registration can be done through NEFT, cash or D.D. payable to IPH Learning Centre

NEFT details

Bank Name : TJSB Sahakari Bank Limited

A/c No. : 003110100071038

Branch : Naupada Thane

IFSC Code of bank : TJSB0000003

Full name of beneficiary : IPH LEARNING CENTRE

Venue: Institute for Psychological Health, Thane (W)