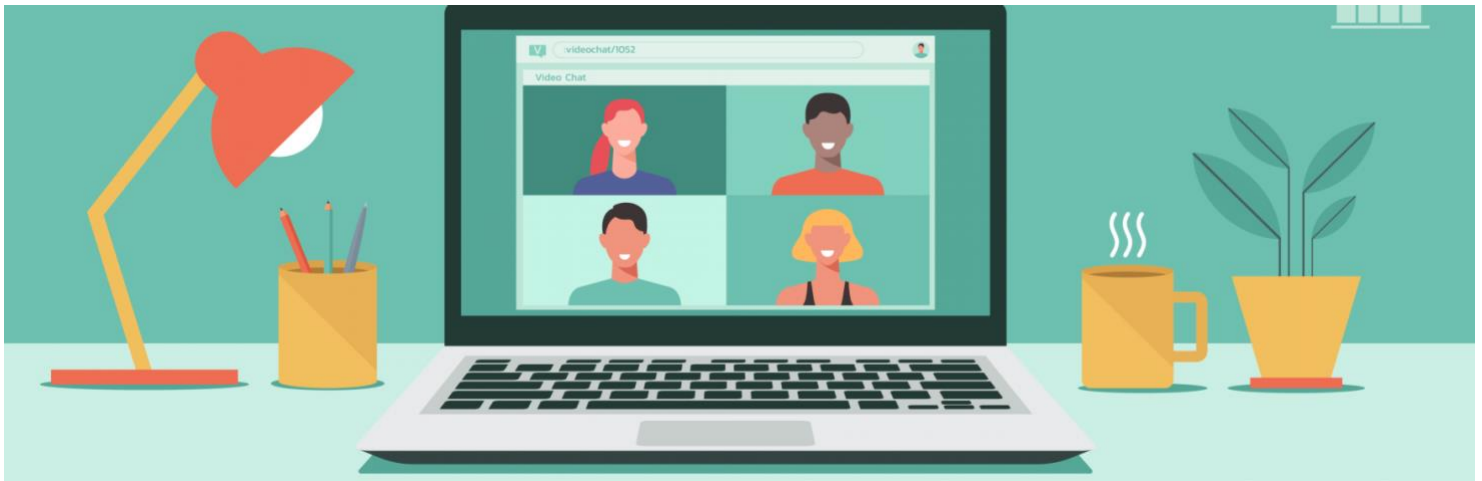




ANZACBT Special Online Workshop 2021

22 and 23 November 2021



Monday and Tuesday morning: 9am - 12.30pm

This year we are delighted to announce that **Mark Freeston**, Professor of Clinical Psychology at the University of Newcastle, UK, and the Director of Research and Training at the Newcastle Cognitive and Behavioural Therapies Centre, will be conducting an online workshop over the course of two mornings.

Workshop: Making and Staying Friends with Uncertainty.

Mark has been an important contributor to CBT understanding and treatment for OCD and Generalised Anxiety Disorder. This workshop will provide a framework to think about the contributions of threat and uncertainty as trans-diagnostic processes in anxiety disorders. Intolerance of uncertainty is thought to be a maintaining factor in anxiety disorders.

We are not running our annual conference due to the Covid-19 situation, but are excited to be offering you this wonderful educational opportunity online. We have

deliberately kept the price very affordable as we want to provide our members, and interested others, with a boost after a very difficult year.

The rates for the workshop are as follows (inclusive of both mornings):

ANZACBT members	\$100
Non-members	\$150
Students	\$80 (photo of student ID required).

Go to www.cbt.org.nz for further information or [click here](#) to register to attend.

We welcome new members to ANZA CBT! [Join now](#) on our website and receive the member rate for the workshop and the other benefits of membership such as Journal access. Joining fee is just \$50.

For general enquiries or further information email web@cbt.org.nz