

An interdisciplinary approach to caring for people living with Generalised Anxiety Disorder

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning.

Your details

Your name:

Date completed:

Activity Name: An interdisciplinary approach to caring for people living with Generalised Anxiety Disorder

Learning outcomes

- Identify biological and environmental factors that increase the risk of developing GAD along with comorbidities.
- Discuss the identification, assessment and diagnosis of GAD.
- Evaluate therapeutic approaches that have proven successful in the treatment of GAD.
- Elaborate on the importance of collaboration and appropriate referrals when providing care to people living with GAD.

Time spent engaged in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

