



## Certificate of Achievement

# Matthias Giger

has completed the following course:

### UNDERSTANDING ANXIETY, DEPRESSION AND CBT UNIVERSITY OF READING

This course explored anxiety and depression; dispelling common myths and stereotypes around these disorders. It also explored how CBT targets the vicious cycles which keep these difficulties going, by sharing the expertise of CBT therapists and patients who have experienced CBT first hand.

This course has been approved for distance-learning continuing professional development (CPD) by the Royal College of General Practitioners (RCGP).



**Professor Shirley Reynolds**  
Director of The Charlie Waller Institute  
University of Reading



Accredited by



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

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#### STUDY REQUIREMENT

5 weeks, 3 hours per week

#### LEARNING OUTCOMES

- Describe the key signs and symptoms of depression and identify how a depressive disorder differs from simply feeling low or down
- Describe how a depressive disorder is diagnosed and identify an appropriate assessment tool
- Describe the key signs and symptoms of the most frequently occurring anxiety disorders and identify how anxiety disorders differ from simply feeling worried or nervous
- Describe how anxiety disorders are diagnosed and identify an appropriate assessment tool
- Identify the most common stereotypes surrounding anxiety and depression and evaluate them on the basis of current knowledge
- Describe how Cognitive Behavioural Therapy can be delivered and identify the types of difficulties that it can help with
- Summarise how what we know about perception (making sense of the world around us) can help us to understand the CBT approach better
- Identify the key components of a Cognitive Behavioural approach to understanding anxiety and depression

- Describe how specific kinds of behaviours and thought pattern can maintain difficulties in anxiety and depression and identify key CBT techniques which are used to address these in therapy

#### SYLLABUS

- Week 1 provides an introduction to how we perceive the world around us and how this relates to the Cognitive Behavioural approach to anxiety and depression. It explores how CBT can be delivered and the types of difficulties it can help.
- Week 2 looks at depression within a CBT framework, exploring what depression is (and is not) as well as highlighting commonly held myths and stereotypes around depression.
- Week 3 explores anxiety within a CBT framework. It covers the function and positive role of 'normal' anxiety exploring the difference between 'normal' anxiety and anxiety disorders.
- Week 4 focuses on how behaviour changes in anxiety and depression, how these changes can maintain difficulties and how CBT techniques are used in therapy to address them.
- Week 5 focuses on 'cognitions' or thoughts; specifically the types of thoughts which commonly occur in anxiety and depression, how they maintain difficulties and what CBT techniques are used in therapy to address them.