Social anxiety disorder is a highly chronic disorder, usually beginning very early in life with little remission and impacts on relationships, career, and physical health. Psychological treatments have had moderate success, although the effects of treatment are the lowest among any of the anxiety disorders. Recent developments in research have pointed to several directions that hold promise for improved treatments. These include focusing intervention to underlying mechanisms, use of cognitive enhancers to increase effects, and reductions in automatic attention toward threat. Interest has also begun to focus on broader dissemination of treatments via the internet. The talk will summarise, what we know, what is promising, and where we might head.

Dr. Ronald M. Rapee is currently Distinguished Professor in the Department of Psychology, Macquarie University, Sydney, Australia and Director of the Centre for Emotional Health. Professor Rapee has established an international reputation for his research into the understanding and management of anxiety and related problems in both children and adults and has published widely in some of the leading scientific journals. He has developed a number of empirically supported treatment programs that are used by researchers and therapists in countries across the world and has been honoured by awards from both scientific and consumer groups.