MANAGING THE MENTAL HEALTH IMPACT OF LONG-TERM COVID SYNDROMES

This workshop will provide an overview of persistent post Covid symptoms which impact on mental health. It will also provide an overview of recommended management using cognitive behavioural and rehabilitation models from the current guidelines.

PRESENTED BY: DR. SANJAY RAO

JULY 15TH, 2021 4:00-6:00 PM
ONLINE ZOOM WORKSHOP
Don't miss this event!

Get your tickets today!

What attendees can expect to take away:

- An overview of medically unexplained symptoms and health anxiety
- How to engage patients and clients with these conditions
- CBT formulation and management of unexplained symptoms and health anxiety

About Dr. Rao:

Dr. Sanjay Rao is an experienced teacher and Associate Professor of Psychiatry at the University of Ottawa. In 2018 he was awarded a Fellowship of the Canadian Association of Cognitive Behavioural therapy for his contribution to CBT in Canada. He has received an award from the Department of Health, UK for CBT development. He is the Director of Unified CBT Academy. Dr. Rao has trained in CBT, DBT, Mindfulness-based therapies, and strength focused coaching. He has expertise in both the psychological and pharmacological treatment of mental health conditions.

Tickets can be purchased at [www.eventbrite.com](http://www.eventbrite.com)
Key Word: STAR Centre


General Admission $60

Presented by: