



### Objectives of the training

The MOSAIC module specializing in anxiety disorders and OCD provides an opportunity to acquire the neurophysiological, clinical and psychological bases of anxiety disorders and OCD and to learn the MOSAIC protocol for generalized anxiety disorder, phobias and OCD.

#### Day 1 :

- Reminder on MOSAIC reference
- Questions and answers
- The clinic and neurophysiology of anxiety disorders
- Points of vigilance with anxiety disorders
- Polyvagal regulation
- Panic disorder with MOSAIC therapy
- The MOSAIC protocol for generalized anxiety disorder
- Demonstration of the generalized anxiety disorder protocol

#### Day 2 :

- Questions and answers
- Group practice
- The MOSAIC protocol for phobias
- Demonstration of the MOSAIC Phobia Protocol
- Group practice

#### Day 3 :

- The clinic and neurophysiology of OCD
- The MOSAIC OCD protocol
- Questions and answers
- Demonstration of the MOSAIC OCD protocol
- Group practices
- Feedback from experience
- Questions and answers
- MCQ
- Evaluation of the training

#### TRAINER :

Dr Stéphanie KHALFA,  
Clinical psychologist, research  
fellow in Neuroscience

#### PUBLIC :

This course is aimed at  
psychiatrists, doctors,  
psychologists, psychotherapists,  
nurses, physiotherapists, midwives,  
specialized educators, social  
workers, psychopractioners,  
coaches, sophrologists, etc.

#### PREREQUISITES :

Completion of the reference  
MOSAIC therapy module (4 days)  
and 1 day of supervision.

#### PEDAGOGICAL MEANS :

- Theoretical courses
- Practical exercises with 2 or 3  
participants
- Clinical demonstration
- Explanations on clinical cases

#### EVALUATION METHODS :

Continuous oral evaluation  
throughout the course, question  
and answer time, evaluation  
questionnaire, MCQ

#### DURATION:

21 hours over 3 days  
(time slot from 9:30 am to 5:30 pm)

#### RATE :

600.00 €

Face-to-face or video training  
according to the dates  
(see schedule on the website  
<https://therapiemosaic.com>)