Training program MOSAIC® Anxiety disorders & OCD

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, psychopractitioners, 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)

THERAPIE MOSAIC - 137 Chemin de Belval à Pont de Rhaud, 13140 MIRAMAS
admin@therapiemosaic.com / Informations : 06 89 99 07 12 / Inscriptions : 07 82 59 21 49
SIRET 90433325900029 – code APE 8690F – Numéro de Déclaration d'Activité 93131944813, ce numéro ne vaut pas agrément par l'Etat