**Anxiety-Webinar 2015/2016 – 6 classes with 3 hours**

**Content:**

• An existential understanding of anxiety and Healthy vs pathological anxiety – different forms of anxiety

• Basic treatment – the anxiety confrontation method

• The experience of anxiety – self experiential approach

• Personal position method

• Paradoxical intention method (Frankl)

• de-reflection method (Frankl)

• Will strengthening Method

• Meaning searching method

**Price**: 199 US $ for all 6 classes

**buy it directly via**: https://mbp2015mbp.lpages.co/existential-psychotherapy-anxiety-in-clinical-practice-online-recorded-course-registration-page/

or contact: Dr.Leslee Brown Mind Body Passport  **info@mindbodypassport.com**