

AACBT Vic Pub discussion

# Understanding & treating emotional disorders: Does DSM matter?



Treat yourself to an insightful and engaging discussion relating to transdiagnostic treatment models for emotional disorders, presented by a speaker at the forefront of an international movement toward transdiagnostic models of psychopathology.

## GUEST SPEAKER PROFESSOR PETER NORTON

Since DSM-III was published in 1980, we have been trained to think about each of the anxiety and depressive disorders as distinct illnesses, and to treat them using interventions designed for each diagnosis.

Twenty years of research into genetics, functional neuroanatomy, cognitive science, learning models, and developmental science suggests that the similarities across these diagnoses far exceeds the differences. Furthermore, transdiagnostic or unified interventions are upending the belief that interventions must be tailored to specific diagnoses.

This presentation will discuss models of “Emotional Disorder” and emerging transdiagnostic treatment models.

*A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic regarding cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.*

Peter Norton is professor of psychology at Monash University, director of the Monash Psychology Centre and the Monash FEAR Clinic.

He is the author of 140 scientific papers and three books, and has lectured worldwide on transdiagnostic models and treatments for emotional disorders.

- **When** Wednesday 23 May 2018 @ 6:30-7:30pm
- **Where** Upstairs @ Robert Burns Hotel, 376 Smith St, Collingwood
- **Tickets** AACBT Members **Free** / Non-Members \$10

Over the past decade, **Professor Norton's** research has been focused on developing and evaluating transdiagnostic and diagnosis-specific factors across anxiety and other emotional disorders, and translating these factors into efficacious and efficient interventions. This work involves a combination of basic and experimental research to better understand common and unique aspects of affective psychopathology.

Book now at <https://www.aacbt.org.au/events/>



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