

COURSE DESCRIPTION 2017-2018

Course: Understanding Anxiety	Awarding body: N/A
Tutor: Rachel Coopey	Course length: 5 weeks – 2hrs per week

Course summary/aims:	This 5-week course will look at the typical signs and symptoms associated with anxiety, its possible causes and potential therapies/management. All those interested are encouraged to come along; no previous knowledge is necessary.
Course objectives:	<ol style="list-style-type: none"> 1. Define the term 'Anxiety'. 2. Outline General Anxiety disorder including signs and symptoms and social anxiety. 3. Outline 'Phobias' including signs and symptoms. 4. Outline Body dysmorphia including signs and symptoms. 5. Outline therapies and management techniques used for anxiety disorders.
Course content:	In addition to the summary above we will cover the wider impact of anxiety on everyday life and the range of anxiety disorders.
Teaching and learning methods:	Tutor input and whole group discussion.
Course level/entry requirements:	No entry requirements – just an interest in the topic.
How progress is checked during course:	Informally through tutor discussion and question/ answer.
Extra study or practice required at home?	N/A

Formal course accreditation? If yes, how is the course assessed?	N/A
Materials you will need to bring to the course:	Pen and paper.
What can I do next?	Other courses such as: further community learning linked to mental health, accredited Mental Health Studies. It might also support progression into employment in a related field.

Information, Advice and Guidance sessions are available on request (it is best to make an appointment).

If you feel you may need some support eg. with English, Maths or ICT, please ask.

To get in touch, please call your local CLIP Learning Centre (see below) or email info@cliplearning.com

CLIP Learning Centres

Market Rasen Learning Centre
8 Queen Street
Market Rasen
LN8 3EH
01673 843489

The Bridge
142 Bridge Street
Gainsborough
DN21 1LP
01427 677377

Mablethorpe Learning Centre
Seacroft Road
Mablethorpe
LN12 2DT
01507 473325