

# *Shawna Stolp*

of

The person named herein has successfully completed the following course:

## ***Anxiety Disorders (1 hr)*** ***1 hour, CEU Contact Hours: 1.2 for Nurses, 1 for Social Workers***

**Getting Past the Fear: Understanding Anxiety Disorders** - Anxiety disorders are the most common mental health diagnosis, affecting approximately 40 million adults in a given year. There are several forms of anxiety including Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Phobias, Panic Attacks, and PTSD. This online class helps learners understand what it is like for individuals diagnosed with anxiety disorders, including the characteristics, treatment, symptom management, and how to provide person-centered, positive support.

Completed August 4th, 2023 11:34 am with a score of 90.

**Instructor Credentials:** *STAR Services is a training, education, staffing, consulting, and business development resource for social service agencies, individuals, families, social service professionals, schools, and government agencies. STAR Trainers have a combined experience of over 100 years of supporting individuals with various disabilities and mental health conditions in a variety of settings. All curriculum has been developed by a team of DC/DMs, mental health practitioners, and a licensed social worker, along with other experts in the field.*