

Worry & Indecisiveness: Tackling Decision Making Worries in the Context of GAD

Join Bespoke Mental Health Canada for a workshop delivered by **Dr. Melisa Robichaud**

Friday October 3, 2025

9:00 am – 12:30 pm (PT), 12:00 pm - 3:30 pm (ET)

To **register** for this event, click **here**

Can't attend on that date? Just watch it 'on-demand' any time.

This workshop will discuss the clinical application of CBT-targeting intolerance of uncertainty for GAD, with a focus on targeting indecisiveness. I will include: 1) presentation of the CBT-IU model for GAD; 2) review of behavioural experiments targeting IU; 3) presentation of decision-making styles and their influence on how people approach daily life decisions; 4) the impact of cognitive dissonance on decision-making; 5) safety behaviours for decisional worries, and the unique goals of “straddling the line” and “controlled spontaneity” when developing behavioural experiments. Specific examples of decision-making worries and how to target them will be provided.

Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Bespoke Mental Health Canada maintains responsibility for the program.

Participants who complete this workshop (either live or on-demand) are eligible to receive 3 CE credits.

Price

Professionals: \$100.00 CAD + tax

Students: \$80.00 CAD + tax