

Mental Wellness Hub



✦ Introduction to Avoidant Personality Disorder

Course Outline

Main Lectures	Details
Lecture One	<i>Introduction</i> <ul style="list-style-type: none">● <i>What is AVPD?</i>● <i>Common Symptoms</i>● <i>Causes</i>● <i>Childhood Attachment Styles</i>● <i>Caregiver-guilt Engendering</i>
Lecture Two	<ul style="list-style-type: none">● <i>Diagnosis</i>● <i>Complications</i>● <i>Outlook</i>
Lecture Three	<ul style="list-style-type: none">● <i>How Does Avoidant Personality Disorder Affect Relationships?</i>
Lecture Four	<ul style="list-style-type: none">● <i>How to Improve Your Relationship With Your Partner</i>
Lecture Five	<ul style="list-style-type: none">● <i>Treatment Options and Management - Part One</i>
Lecture Six	<ul style="list-style-type: none">● <i>Treatment Options and Management - Part Two</i>

Mini-Lectures

What are Mini-Lectures?	Topics
These are short lectures which explain smaller topics within the greater topic of Avoidant Personality Disorder	Mini Lecture #1: Anxious Attachment Style
	Mini Lecture #2: Symptom Details
	Mini Lecture #3: TBD

Assessments

- 2 Multiple Choice Assessments to be passed.
- Certificates will be awarded upon successful completion. Certificates will be emailed to the student. If you would like to have a hardcopy certificate, the cost is \$50. This includes printing and delivery to your preferred address.

Disclaimer

- This is not a replacement for a Degree in Psychology or any Mental Health-related field. This course is for personal or continuing professional development only.