



*The Goddard Earth Sciences Division is proud to present a webinar on...*

# "Anxiety": Beyond "Worry"

Cognitive-behavioral counseling  
Solution-focused interventions



**Tuesday, Nov. 15, 2022, at Noon**

**T**he terms worry and anxiety are often used interchangeably. This presentation focuses on the differences between the two and highlights ways to decrease anxiety levels.



**J**ane Gurganious is a licensed clinical social worker in Maryland and an employee assistance specialist. She is a board-certified supervisor and has 30 years of clinical experience counseling individuals, groups, and families in a variety of settings.

Microsoft Teams meeting. Join the meeting on your computer or mobile app.

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