



WEBINAR ON HEALTH ANXIETY

**The EAPM Academy is happy to invite you to join us on
Thursday February 12, 2026 16:00–17:00 (CET)**

Health anxiety is a common and often debilitating condition across medical and mental health settings. This EAPM Academy webinar provides a clinically relevant overview of health anxiety, covering diagnosis, core features, comorbidities, and evidence-based treatments from childhood through adulthood. Through clinical cases, the session highlights practical strategies for managing avoidance and rumination, with a strong focus on exposure-based interventions. Emerging insights into health anxiety in children and adolescents, including health anxiety by proxy and family patterns, are also explored.



Lisbeth Frostholt

Professor, Cand Psych
Department of Functional Disorders, Aarhus
University Hospital, Denmark
**Talk: “Understanding health anxiety: Core
features, clinical presentation, and
comorbidity.”**



Alexandra Martin

Professor, Dr.
University of Wuppertal, Wuppertal, Germany
**Talk: “Treating health anxiety effectively:
Evidence-based and emerging psychological
interventions”**



Charlotte Ulrikka Rask

Professor, MD
Department of Child and Adolescent Psychiatry,
Aarhus University Hospital, Denmark
**Talk: “Health anxiety across development:
Children, adolescents and health anxiety by
proxy”**

REGISTER HERE:

