

INFORMATION ABOUT ANXIETY

Many people experience periods in their life when they feel anxious. Anxiety is a very normal response to certain challenges we face. For some however, this anxiety can escalate to levels which feel unmanageable, adversely impacting day-to-day life and limiting activity.

Anxiety will make an individual feel as though they can no longer cope with the demands placed upon them. Typically, the key cognitive distortion that will occur in the thinking of an individual suffering from anxiety is an overestimation of the risk involved in a particular situation and an underestimation of their ability to cope with the situation. Part of the role of therapy is to address this distortion so that a more accurate evaluation of risk and coping resources can be achieved.

Anxiety is the main symptom of various conditions including panic disorder, social anxiety disorder, obsessive compulsive disorder, phobias and post-traumatic stress disorder. If an individual suffers from anxiety in response to a wide variety of different situations rather than a specific event, it is likely that they are suffering from generalised anxiety disorder.

CBT is extremely effective at treating anxiety and the associated disorders. At The Psychology Clinic, a full assessment will be conducted as part of the first session. This will help to inform treatment and identify factors which contributed to the onset of the anxiety, the on-going triggers to the anxiety, and the factors which serve to maintain the anxiety.