Anxiety Problems

Focus Questions

1. Become a Specific Phobia or Social Anxiety Disorder (social phobia) Explain the symptoms you create in an individual, the problems you'll create for them, their family, and their friends, the treatments you welcome because they don't work, and the treatments you dread because they do work.

2. Become Obsessive Compulsive Disorder or one of the other related disorders (Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania, or Excoriation Disorder). Explain the symptoms you create in an individual, the problems you'll create for them, their family, and their friends, the treatments you welcome because they don't work, and the treatments you dread because they do work.

3. You're an eclectic therapist (one that takes a variety of viewpoints and can use them) and can explain and treat anxiety disorders in a variety of ways. A client comes to you with either panic attacks or GAD (you choose which one). Explain to them a.) their symptoms, b.) the four general viewpoints on what may be causing them (psychodynamic, learning, cognitive, and biological, and c.) possible treatment options.