**ANXIETY DISORDERS: THE DIFFERENT TYPES, THEIR SYMPTOMS, AND HOW WE TREAT THEM**

1. Definition of Anxiety Disorders
2. The different types:
	1. Generalized Anxiety Disorder (GAD): The fear of everything and WORRY/AVOIDANCE and SAFETY BEHAVIOR
	2. Social Anxiety Disorder: The fear of social situations
	3. Panic Disorder: Bouts of super intense fear
	4. Separation Anxiety Disorder: Fear of separation
	5. Phobias: Compulsions
3. How we treat Anxiety Disorders:
	1. Medications
	2. Talk Therapy: Teaching coping skills
	3. Talk Therapy: Cognitive Behavioral Therapy (CBT)
		1. The CBT Cognitive Model
		2. The concept of exposure therapy
4. Some case examples
	1. GAD: Driving to Evansville
	2. Social Anxiety: Talking to fellow teens
	3. Panic Disorder: Running in place
	4. Phobias: Playing in the mud
5. QUESTION?????

Jake Messing, LCSW, LCAC

Franciscan Health Dyer

Outpatient Behavioral Health

Jaob.messing@franciscanalliance.org