**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?????

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