

## Treatment of anxiety

Evidence-based treatment of anxiety is a combination of Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

This is an active, goal-driven type of therapy that includes managing your thoughts, emotions, physical symptoms, and behaviours. It will help you:

- Change the way you handle uncomfortable feelings and thoughts.
- Learn to “unhook” from worried thinking.
- Better handle uncertainty and doubt.
- Face your fears.
- Build a better life that is not controlled by anxiety.

## Anxiety & OCD Clinic



Telehealth  
therapy for  
anxiety  
disorders

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Do you  
suffer from  
anxiety?

Diagnosis  
&  
Treatment of  
Anxiety  
Disorders

# Common Patterns in Anxiety Disorders

Fear is a normal part of life. It becomes a problem when we "fuse" with it and allow it to disrupt our functioning. When anxiety interferes with our ability to live the life we want to live, it becomes a disorder.

You may experience:

- Catastrophic thinking.
- Concentrating on how horrible something would be as opposed to how unlikely it is to happen.
- Underestimating your ability to cope.
- Avoiding whatever you fear. The avoidance often gradually increases and affects more areas of your life.
- Using strategies to try to temporarily reduce anxiety (e.g., repeatedly asking for reassurance).
- Intolerance of uncertainty.
- Intolerance of discomfort.

## Anxiety-Related Disorders

**OCD.** Presence of obsessions (unwanted, intrusive, persistent thoughts, urges, or images) and compulsions (behaviours or mental acts aimed at reducing distress evoked by obsessions).

**Illness anxiety.** Preoccupation with having or getting a serious physical or mental illness leading to constant high levels of anxiety about health.

**Body dysmorphic disorder.**

Preoccupation with flaws in appearance leading to anxiety and repetitive behaviours (grooming checking, comparing, asking for reassurance).

**Trichotillomania.** Recurrent pulling out of hair from the head or body resulting in hair loss.

**Excoriation.** Recurrent skin picking despite repeated attempts to stop.

## Anxiety Disorders

**Social anxiety.** Fear of being judged, rejected, embarrassed, or humiliated when meeting new people, or speaking, performing, eating, drinking, or writing in front of others.

**Panic disorder.** Recurrent, unexpected panic attacks and persistent worry about having a panic attack. Fear of fainting, having a heart attack or a stroke, dying, losing control, suffocating, or going crazy, during an attack.

**Agoraphobia.** Fear of being in a place from which it may be difficult to escape (crowds, public transport, bridges, being far from home).

**Generalized anxiety disorder (GAD).** Excessive, uncontrollable anxiety and worry about numerous events and situations. **Phobia.** Fear and avoidance of a specific object or situation (animals, heights, seeing blood or needles).

