

Anxiety Specialist Certification

Assignments

1. If a client came to you describing the symptoms of a panic attack, but feeling that they are the only person in the world to experience this, what would you say to reassure them?
2. What do you understand by the term Generalised Anxiety Disorder. How would you differentiate this from other anxiety conditions?
3. What are the key symptoms of agoraphobia?
4. A woman calls saying she has a phobia of giraffes. You have not worked with this before (presumably!). How would you convince her that you will be able to help?
5. Considering the various theories of the cause of anxiety disorders, discuss your feelings around these, giving examples where possible.
6. You have seen a client for two sessions, and this time they ask you whether they should stop taking anti-depressants. They feel it would be time as things are going so well. How do you respond?
7. Why might exercise be a useful additional tool for an anxious client to use? When would you not suggest it?
8. Give an example of the Tote model "in action"
9. What types of phobia might respond best to the Fast Phobia treatment, and when would you not use it?

10. On what factors would you base the decision whether to use regressive techniques with a client suffering from social anxiety?
11. Design a brief treatment plan for the following clients:
- a. Geoff has generalised anxiety disorder. He fidgets constantly and says that he is always worrying. He is ok when busy at work, but cannot even settle to watch TV in the evening. He is very snappy with his wife and children.
 - b. Anne is afraid of flying. She is ok as soon as the plane is airborne, but spends weeks before her holiday fretting and the fear of the return leg spoils the trip.
 - c. Tia has panic attacks whenever she uses public transport. She thinks she will faint and is terrified that she will wet herself.
 - d. Max constantly worries that he is going to get ill. He avoids all sorts of situations which have any connection to cancer: eg smoky rooms, mobile phones, coffee, microwaves.
 - e. Angie wants promotion at work but dare not put herself forward. She avoids any confrontation and finds that she is constantly overlooked. She cannot bring herself to go to see the boss, and the idea of a formal interview brings on feelings of panic.
 - f. Indy would like a girlfriend but he is too scared to ask anyone out.
 - g. Kate “suffers with her nerves”. Everything is affected and she reports that this is driving her husband away. He has already had one affair.