

Other problems commonly treated by C.B.T.

**SPECIFIC PHOBIAS**

**SOCIAL PHOBIA**

**OBSESSIVE COMPULSIVE DISORDER**

**IMPULSE CONTROL DISORDERS**

**DEPRESSION**

**PANIC DISORDER**

**BI-POLAR DISORDER**

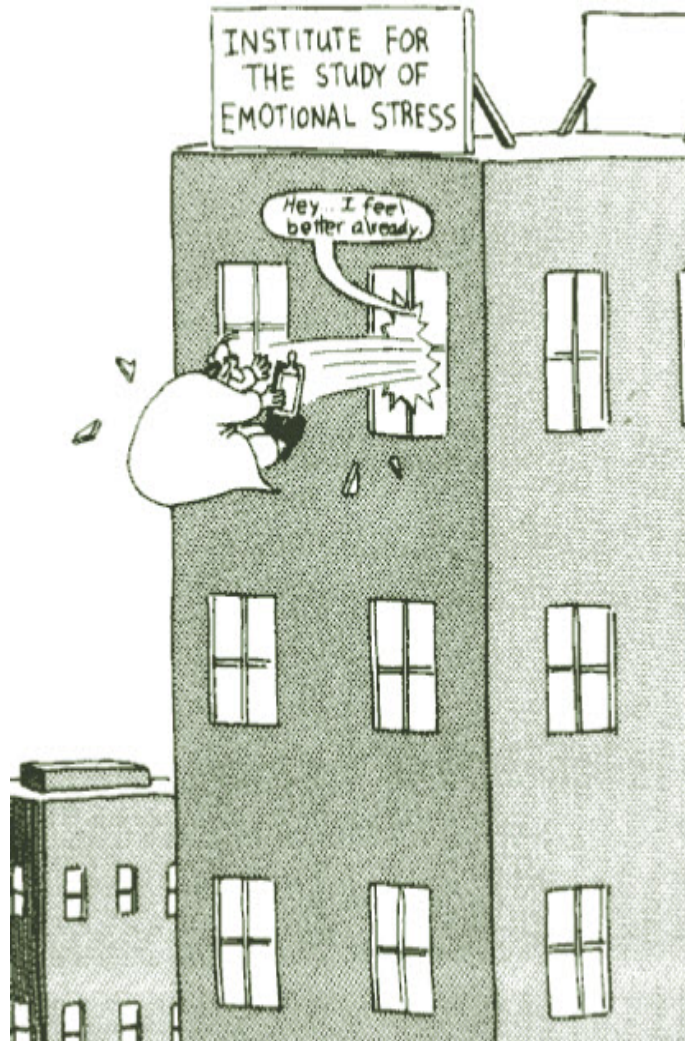
**HEALTH ANXIETY**

**POST TRAUMATIC STRESS DISORDER**

**SEXUAL DYSFUNCTION**

**MARITAL & RELATIONSHIP THERAPY**

**PANIC ATTACKS**



## Generalised Anxiety Disorder

*"Cognitive Behavioural Therapy can empower an individual to manage and transform their feelings -and thus their life"*

Professor Lord Richard Layard  
*"Mental Health—Britain's Biggest Social Problem?"*

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# COGNITIVE BEHAVIOURAL PSYCHOTHERAPY

## Generalised Anxiety Disorder

GAD is regarded as a common anxiety disorder estimated to affect between 0.5 and 10% of the general population. In its more severe forms it is an extremely debilitating disorder affecting the sufferer in all aspects of their life.

The essential feature of Generalised Anxiety Disorder (G.A.D.) is anxiety; which is generalised and persistent.

G.A.D. is not restricted to, or even strongly predominating in, any particular environmental circumstances.

As with the other anxiety disorders the dominant features are highly variable.

The sufferer must have primary symptoms of anxiety most days for at least several weeks at a time, and usually for several months.

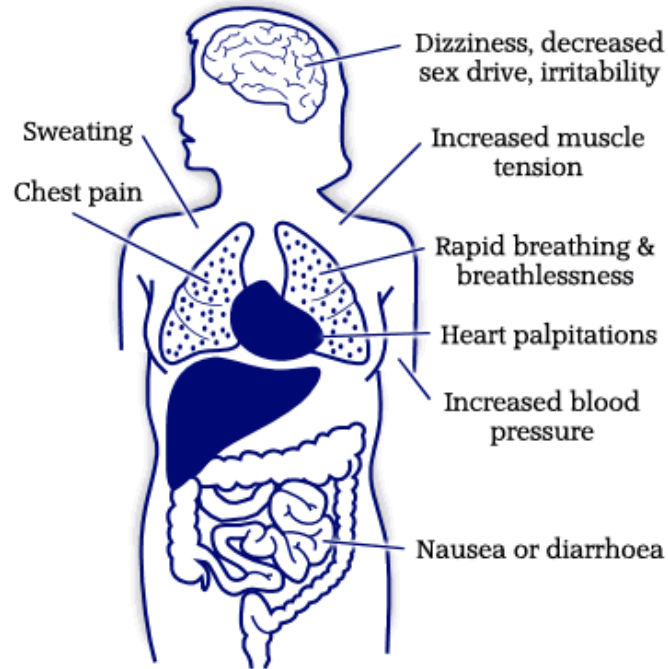
These symptoms should usually involve elements of:

- Apprehension
- Motor tension
- Autonomic over-activity

The manifestation of G.A.D. appears to differ from that of obsessions and negative automatic thoughts. The essential difference between worry and obsessions appears to be the beliefs regarding the nature of worry.

Worry can be initiated deliberately or from a single intrusive thought.

### Physical Effects of Anxiety Disorders



The individual usually believes that worry is a problem solving strategy but typically holds a conflicting belief that worry will have some catastrophic consequence for them. The worry is distressing and it is also generally believed that this is uncontrollable.

Periods of chronic or repeated worrying on a variety of topics are commonly reported by those individuals whom suffer with G.A.D. These episodes range from a pervasive sense of being worried to discrete episodes of rumination lasting from minutes to hours. People whom suffer with G.A.D. report feeling anxious or apprehensive all of the time.

Worry may be marked at initial presentation; however problematic worry is a key feature of G.A.D.

Essentially G.A.D. may be conceptualised as a disorder of excessive worry.

### Formulation

The Cognitive Behavioural Therapist will work with the sufferer to discover the maintaining factors of the presenting problem and collaboratively construct an idiosyncratic formulation of this problem.

### Treatment

Depending on the presentation and formulation a number of techniques will be employed such as education into the nature of G.A.D, strategies to minimise avoidance and reassurance seeking behaviours, thought control and other unhelpful behaviours. Cognitive interventions include verbal reattribution, behavioural experiments, challenging beliefs regarding the uncontrollable nature and inevitability of worry and modification of cognitive biases.

A Professional and Confidential service, provided by a fully Qualified and Experienced Psychotherapist.

Adrian Soden.  
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