Anxiety Part 2

Treatments

• Psychodynamic
  o General
  o Traditional (Freud): how conflict symbolizes conflicts
  o Modern: People being aware of inner sources of conflict
    ▪ More at parent interpersonal relationship than children
    ▪ Use behaviour that help them adapt

• Humanistic
  o Preoccupation of the authentic self
  o Authentic self vs. social self (what pushed to be)
    ▪ Not repress authentic self in order to fit what your entourage wants you to be

• Biological
  o Central nervous system, neurotransmitter
  o Drug therapy
    o Benzodiazepines
      ▪ (+) Calming effect
      ▪ (-) Physical dependence
    ▪ Symptoms
      o Rebound anxiety
      o Addictions
  o Antidepressant
    ▪ (+) Normalize the activity of NTs in the brain
    ▪ Generally used Panic disorders, social anxiety, GAD, OCD
  o Problem with drug therapies
    ▪ Anxiety + behavioural therapy → think get better with medication but actually therapy helps
    ▪ Side effect that could prevent someone to take the medication
    ▪ Age → teens cannot have all medication