

## Anxiety Disorders HWs

1. Read pgs. 631-637 and complete the following:

Pretend that you are a therapist and that you are going to have to correctly diagnose a variety of patients with an anxiety disorder. Possible anxiety disorders are:

- Generalized Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Simple Phobia
- Social Phobia, or Social Anxiety Disorder
- Obsessive-Compulsive Disorder

For each of these disorders, take notes on how this disorder would manifest itself so that you could recognize it. How might the patient describe the experience? And how might it play out through specific behaviors?

2. Read pgs. 677; 680-686 (top) and complete the following:

- a. Let's say that someone has a fear of elevators. How would you use systematic desensitization to treat this person?
- b. What is aversive conditioning, and how would it be used with someone who has an addiction?
- c. How might an elementary classroom teacher use a token economy?