

## Test – Anxiety Disorders and Behavioral Therapy

### Stress Video

### Worksheet questions

### Anxiety Disorders

Know which disorders are anxiety disorders

Know symptoms of each disorder

Be able to tell the difference between them

Panic Disorder – possible causes

OCD – what are obsessions? What are compulsions?

- Tourette's syndrome – what is it and how is it connected to OCD?

### Behavioral Therapy

Understand general approach – face your fear

Classical conditioning in explaining the cause and treatment for phobias

Exposure therapy

In vivo vs. imaginal exposure

Counterconditioning

Systematic Desensitization

- Anxiety Hierarchy

Aversion Therapy

Token Economies

How Behavioral Therapy is used for other anxiety disorders besides phobias

### Essay – Case Study

I will give you a case study. Your first job will be to diagnose the person. In doing so, you will have to tell me why the person DOES have a particular disorder and why this person does NOT have certain other disorders.

After doing this, your job will be to come up with a type of behavioral therapy to treat this person, and then create a thorough treatment plan, based on your knowledge of behavioral therapy.