Anticipatory reflection of reality: value-oriented concept of psychotherapy of anxiety

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Statement of the Problem: A client suffering from panic attacks, anxiety, a periodic feeling of fear, helplessness, or periods of a sharp mood drops often tends to consider these pathological manifestations as the most significant factors of his life. After several repetitions of these episodes, a model of behavior is being formed, in which the accident moves to the center of the perception of the world as something inevitable. Model of "anxiety-centered" behavior is reviewed and ways of transformation of client's self-evaluation and lifestyle that are to manage the anxiety are described. Recovery depends not only from positive goal-setting, which is well-known and widely implemented, but from client's "emotional reference system" too, which is described in the report.

Methodology & Theoretical Orientation: The basis of the concept offered to the client is a statement (not a guess, not a wish, namely a statement) of the fact that fear, although it is real, sometimes very traumatic and carries not only spiritual but also physical suffering, nevertheless, is not the only thing that is essential and necessary in the life of the client. And most importantly - fear is not obligatory. There are many other valuable and important things in his life. All the feelings and events discussed with the client are absolutely real, taking place in everyday life. Different methods helping to recall and reproduce desired emotional state are reviewed, as well as usage of metaphors to illustrate the on-going process to client. Case studies and excerpts from therapeutic sessions are presented.

Conclusion & Significance: Proposed concept proved its efficacy with different genesis of anxiety states - both as an independent phenomenon, and as a symptom of other pathologies. It is not restricted to concrete psychotherapeutic methodic and can be used by specialists practicing different therapeutic methods and techniques.



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Type of presentation: Oral presentation