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2) The difference between everyday fear and anxiety and clinically significant fear and anxiety is distinct. An everyday sense of fear is the central nervous system's physiological and emotional response to a serious threat to one's well-being or, in anxiety's case, to a vague sense of threat or danger. The nonclinical experience of fear or anxiety can run the gamut from a serious threat (such as a robbery), or more vague threats (such as a quiz for which a student is unprepared). The experience of fear or anxiety in this case is appropriate to the episode experienced, not disabling, and the person returns to a baseline state of functioning in an expected time frame.

4) Basic irrational assumptions often explain anxiety by stating that individuals hold irrational beliefs and assumptions about the world that increase and maintain their experience of anxiety. The text's example of an irrational assumption "One should be thoroughly competent, adequate, and achieving in all possible respects if one is to consider oneself worthwhile"—would set someone up to experience anxiety at a far greater level than someone who did not hold this belief.

The term:

meta-worries

Describes what individuals experience when they worry about the fact that they always seem to be worrying. Examples from the text include "I'm making myself ill with worry," or "My mind can't take the worrying." These meta-worries are thought to increase the experience of anxiety and worry for the individual.

The intolerance of uncertainty theory believes that certain individuals cannot tolerate that negative events may occur even if the possibility is small, and so they travel through life worrying constantly that negative events may occur. An example of this may be that a person going to a party may worry that he or she will not be liked, will make a social error of some sort or may not meet some social expectation.

5) GABA (gamma-aminobutyric acid) is a neurotransmitter with low activity that has been linked to generalized anxiety disorder. To be specific when an individual has a fear response, neurons throughout the brain begin to fire and trigger a general state of excitability throughout the brain and body that is experienced as fear or anxiety. If these neurons continue to fire, eventually a feedback system happens so that the brain reduces its level of excitability, and as a part of this, some neurons throughout the brain release GABA, which then binds to GABA receptors and instructs those neurons to stop firing. GABA helps to reduce activity in the central nervous system to reduce anxiety and settle the body. So, when a person has a low activity of GABA, the experience of anxiety tends to increase, last longer, and become more easily triggered.

6) Behaviorists believe that individuals can acquire fear reactions through observation and imitation of others, known as modeling. For example, if a young child went for a walk with his mother in the park, and a dog appeared, the child would watch the parent's response to the dog as a way of understanding or modeling behavior with dogs in the future. If the child watched the parent frequently express fears toward dogs at the park (Demonstrating clear fear-based behaviors, such as cowering, or making fear-based vocalizations, or facial expressions consistent with fear) the child may also develop a fear of dogs due to observation and imitation of the parent.

7) A therapist would use systematic desensitization to treat specific phobias by teaching clients to learn to relax while facing the objects of situations that they fear. Clients are given relaxation training, and therapists help clients construct a fear hierarchy, a list of the feared objects or situations ranked from mild to very upsetting. With the assistance of the therapist, clients learn to pair relaxation with the objects that they fear, taking on elements from the fear hierarchy, starting with the least upsetting and working up. Flooding assumes that individuals will stop fearing objects if they are exposed to them repeatedly and shown that the objects are truly without harm. Many times, therapists will ask clients to visualize the thing they fear repeatedly without relaxation training or a hierarchy, and the hope is that clients will become accustomed to the experience and will find it less stimulating and will realize that what they fear is not bringing about the harm they had anticipated, eventually leading to the experience of the real object in much the same way and without fear.

In modeling as a treatment, a therapist first confronts the feared object while the client observes. Over time, it is hoped that the client will see that the feared object is without harm and that the client will begin to approach and interact with the feared object.

8) To give the client the greatest chance for both short- and long-term success, there would be several factors to integrate into a treatment plan. The first element of treatment would be to recommend consultation with a psychiatrist for possible antidepressant medication. These medications bring improvement to approximately 80 percent of those who struggle with panic disorder and may be used long-term if needed. For more immediate effect, benzodiazepines may also be used. Both medications affect norepinephrine in the brain. Starting medication would allow the client to return to functionality sooner and find some relief of symptoms while engaged in therapy. Second, cognitive therapy would be recommended. While many clients have anxiety sensitivity and misinterpret bodily sensations, cognitive therapy would be recommended to educate a client on the nature of what panic is and what the bodily sensations are. Cognitive therapy would also be used to help the client form more correct interpretations of what he or she experiences and to teach the client how to cope with anxiety more effectively using relaxation and breathing techniques. Biological challenge tests could later be included to test the client's reactions and coping techniques to the bodily sensations he or she experiences.

In summary, approaching the client biologically and cognitively leads to the greatest chance of

success, both short-term and long-term

12) Psychodynamic therapists tend to use the same techniques to treat all psychological problems. These techniques include free association and interpretations of transference, resistance, as well as dreams.

These methods are used to help treat clients suffering from generalized anxiety disorder. The use of these techniques can help clients become less afraid of their id impulses. It can also help them control these impulses more effectively. These techniques can also be used to help clients identify and resolve childhood relationship problems that are causing psychological distress in adulthood.

Video Question

39) What life experiences other than war are likely to trigger PTSD? Does the struggle with challenging crises ever have beneficial effects? Why or why not?

Survivors of physical and sexual assault, abuse, car accidents, disasters, terror attacks, or other serious events. Not everyone with PTSD has been through a dangerous event. Some experiences, like the sudden or unexpected death of a loved one, can also cause PTSD. Disruptive, stressful experiences are often opportunities for growth. Research has shown that crises can help lift the “if it isn’t broke, don’t fix it” mantra that pervades many organizations, creating new opportunities for people to voice their ideas on how to do things better.

Be patient. While it may feel like a long time, we are still only a few months into the widespread shift to fully remote work, and we are still learning. By now, most everyone knows how to share a screen or to run a breakout session on Zoom, but it may take longer to reshape deeply ingrained work practices for a remote environment. Be patient with yourself and your people. Remember to recognize effort, even if outcomes don’t yet live up to your expectations.

While it’s nice to talk about the benefits of a growth mindset, learning a new practice is challenging and the lack of immediate, measurable progress can be discouraging. Forgive yourself, and be generous with others, try to focus on the effort being put in and the valuable insights you’re learning from that effort, rather than the lack of immediate results.

