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Unit Two/Chapter Four

**1.Using the case study in the beginning of the chapter that illustrates generalized anxiety disorder (GAD), define GAD. Then indicate the symptoms the individual presents with and determine if they meet the criteria for a diagnosis.**

Based on the case study in the beginning, the client was experiencing generalized anxiety disorder. Generalized Anxiety Disorder is when one, "experience excessive anxiety under most circumstances and worry about practically anything" (Comer, 2016, p. 106). The symptoms that the client was experiencing that meet the criteria for this diagnosis consist of him worrying excessively about his finances, girlfriend, future, getting sick, parenting dying, and a lack of concentration. The symptoms meet the criteria based on it affecting his in his everyday life. Comer (2016) mentions that. "Unfortunately, some people suffer such disabling fear and anxiety that they cannot lead normal lives" (p. 106).

**2.What would be the criteria used to distinguish between clinically significant fear and anxiety and everyday fear and anxiety?**

The difference between clinically significant fear and anxiety, as well as everyday fear and anxiety is that one is abnormal and the other is normal. Everyday fear and anxiety are based on normal reactions from daily life situation or stressors, meaning that the person is still capable of functioning in their everyday lives. Clinically significant fear and anxiety are based on daily life situations and stressors that keep the person from functioning in everyday life. The criteria for this abnormal way of functioning is measured by the length of time that a person is experiencing fear or anxiety that last for six months or more.

**3. Describe Carl Rogers' explanation for generalized anxiety disorder.**

Carl Rogers' explanation for generalized anxiety disorder is based on the client-centered approach where the counselor is supportive and shows the client empathy. Comer (2016) mentions that, "The therapist hope that an atmosphere of genuine acceptance and caring will help clients feel secure enough to recognize their true needs, thoughts, and emotions" (p. 110).

**6. Watch the video "Experiencing Anxiety" below and then answer the following questions: At what point does anxiety become a psychological disorder demanding treatment? Do you think Julio would have developed an anxiety disorder if his two friends had not died of cancer?**

Anxiety becomes a psychological disorder demanding treatment after the behavior becomes excessive, persistent, as well as effecting the person's everyday life. After watching the "Experiencing Anxiety" video, I do believe that the death of Julio's two friends dying from cancer resulted in him developing an anxiety disorder. I also believe that Julio may have had a similar experience in his past dealing with death and grief that may have catapulted his anxiety disorder after losing his two friends. It appeared to me that Julio was dealing with several life stressors at a time between the two deaths and his job, and I believe that he may have not developed this disorder. I wonder if, he received treatment for his first friends' death would he had developed an anxiety disorder.

References

Comer, J. & Comer R.J. (2016). *Fundamentals of abnormal psychology (9th Ed.)*. New York: Worth Publishers.