



BrainWave Centre

Objective Measurement...
Confident Management

INFORMATION Sheet

Anxiety

What is Anxiety?

People who suffer from Anxiety Disorder experience excessive, persistent worry about occurrences in daily life. These worries are continual and cause extreme discomfort and tension. These worries may include finances, getting to appointments on time or the health of family members. Statistically, women are more prone to anxiety than men. The main anxiety disorders include,

- Panic Disorder
- Obsessive Compulsive Disorder
- Social Phobia
- Generalised Anxiety Disorder

What are the key symptoms of Anxiety?

The Diagnostic and Statistical Manual of Mental Disorders, 4th ed (DSM IV) lists the key symptoms of anxiety as:

- Restlessness or edginess
- Fatigue
- Impaired Concentration
- Irritability
- Muscle Tension
- Disturbed Sleep

How is Anxiety diagnosed?

General practitioners, psychologists, social workers and counsellors can all assist in the diagnosis and treatment of anxiety.

How can Anxiety be treated?

Psychological treatments for anxiety may include education about anxiety, relaxation training, cognitive behaviour therapy (helps the sufferer to explore his/her own thoughts and identify triggers), exposure therapy and problem solving training.

Medications also exist for temporary treatment of anxiety. Such medications include benzodiazepines (such as Valium and Diazepam). Antidepressants are also sometimes prescribed for anxiety disorders.

How can the BrainWave Centre help patients with Anxiety?

The BrainWave Centre offers a number of drug-free methods of treatment that can be beneficial to patients who suffer from anxiety. These include a range of psychological services and neurofeedback.

1. Psychological Interventions in the treatment of Anxiety

- **Cognitive Behaviour Therapy**
Teaches individuals to identify and change negative or

faulty thinking processes and beliefs and learn to use positive self-talk to improve their lives.

- **General Counselling**
Is offered to individuals, couples and families, in assisting those with difficulties in their lives.

- **Group Therapy**
Group therapy is offered with 6-10 individuals in the one group. Includes Self-Esteem Groups and Social Skills Training Groups.

- **Relaxation Training**
Develops techniques to lower arousal levels and provides the tools to combat the onset of anxiety/panic attacks. This is best combined with Cognitive Behaviour Therapy (CBT).

2. Neurofeedback in the treatment of Anxiety

Neurofeedback is a non-invasive, self-regulating, brain exercise that retrains the brain to produce a calm, more relaxed brain state which reduces anxiety levels. Neurofeedback has been shown to be very effective in the treatment of anxiety.

The protocol and number of sessions required for neurofeedback is directly related to the needs of each individual patient. Some may need as many as 40 sessions, but once the program is completed, patients report that the treatment has longevity. After a period of time, some additional sessions may be needed but there is no need for entire program to be repeated again. We have found that this form of treatment is as affective with 5 year olds as with CEOs who are in their middle age. Anxiety that is brought about by work pressures can be addressed very effectively using neurofeedback.

Some psychological services can be accessed under the Federal Government's New Mental Health Care initiative which commenced on the 1st November 2006. In order to access these services under Medicare you are required to see your General Practitioner, who can set up a Mental Health Care Plan (Item 2710), which refers you to one of our registered psychologist. As part of the GP Mental Health Care Plan, you can access a maximum of 12 individual psychology sessions and/or 12 group psychology sessions over a 12 month period, in the treatment of your condition.

Medication in the treatment of Anxiety

The BrainWave Centre does not prescribe medication but can refer you to specialists, paediatricians and psychiatrists who can assist in this way.