



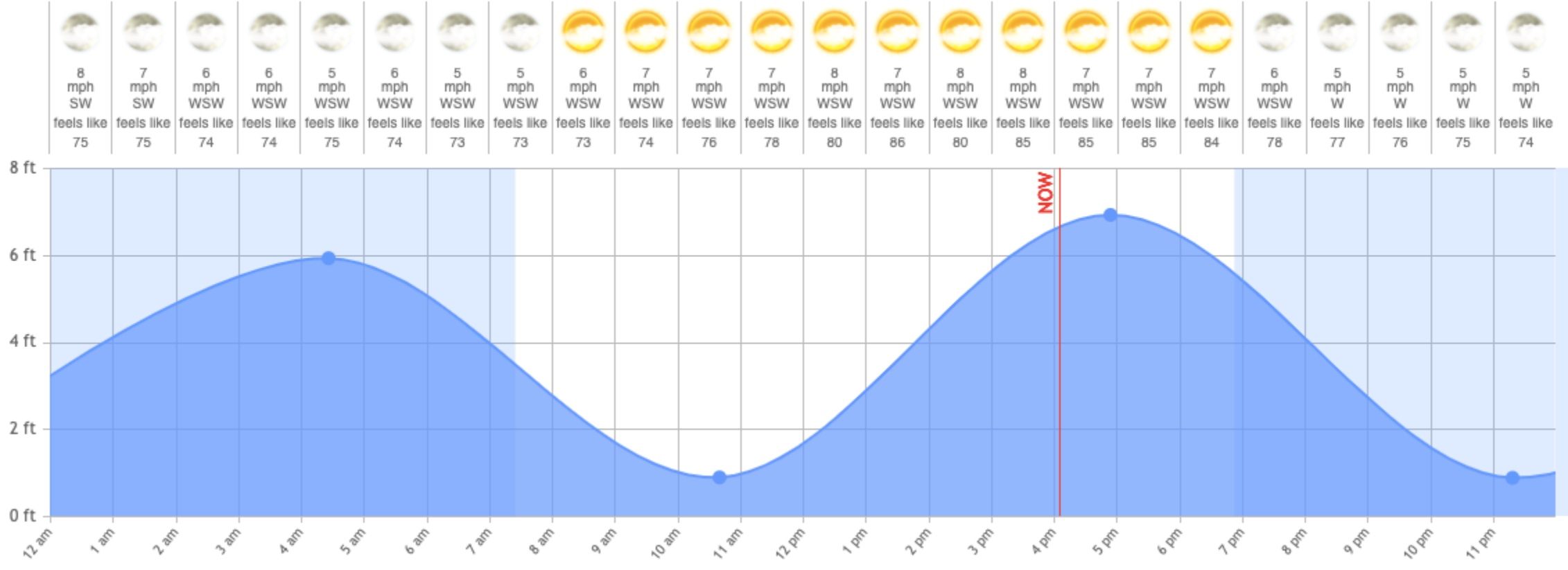
Clinical Pearls of Anxiety Disorders

Diurnal variation, reprise



BRIDGES TO MENTAL HEALTH

Date: Monday, Oct 12th



Behavioral consequence of depression and anxiety are the same



Self-medication quickly becomes mythology



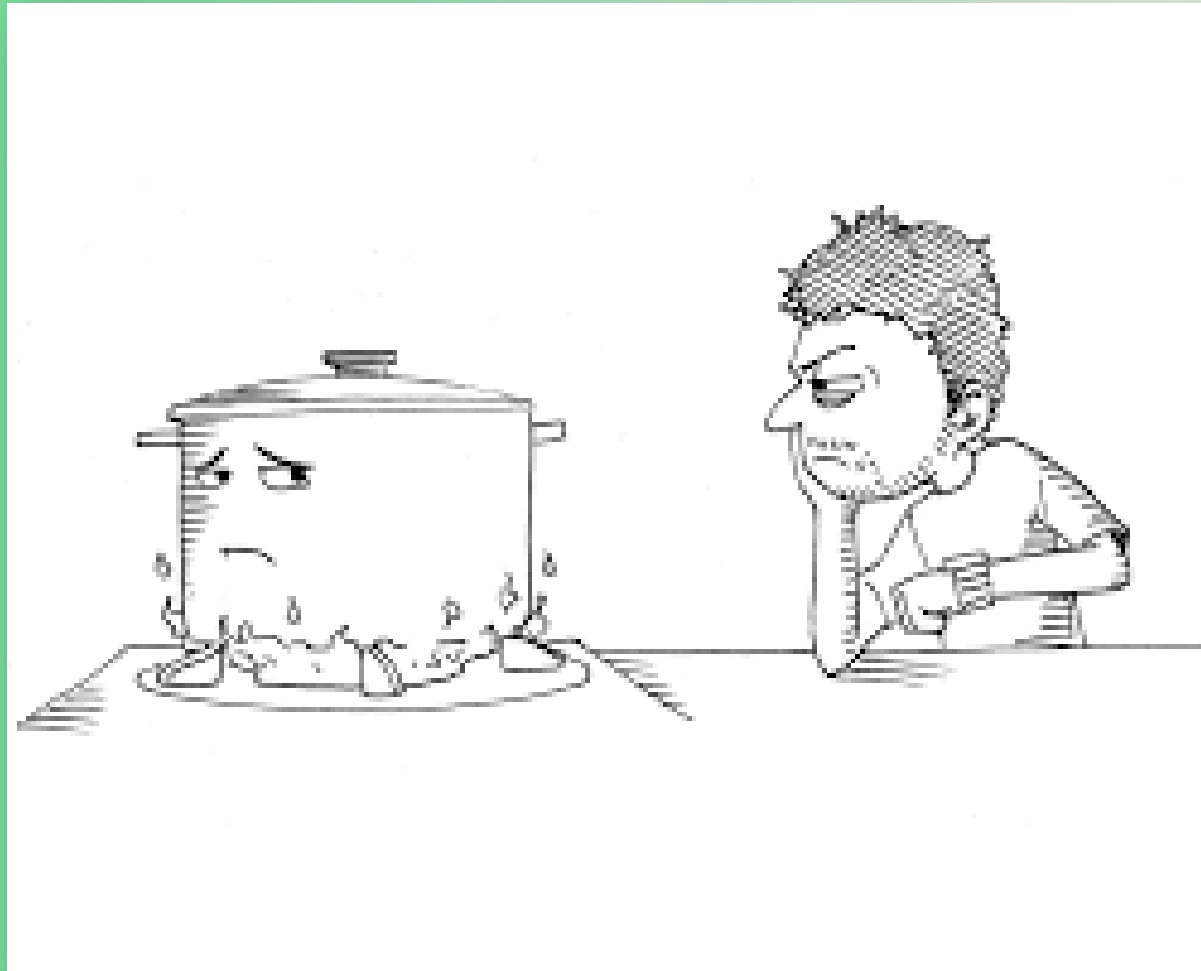
There are anxious tyrants



Parental fears are powerful



A watched pot never boils



GAD is a second job



Your healthy body is uncomfortable



Psychosomatic symptoms are real



OCD: from syntonic to dystonic



Compulsions can be subcontracted



Internally positive
reinforcing
behaviors the
hardest to
extinguish



Trauma is ubiquitous, PTSD is rare



Better to be organized than accurate in trauma narratives



Depression and addiction are the most common post-traumatic diagnoses



Memories are state dependent

