

Other Anxiety Disorders

In this video, I'll briefly explain several other anxiety disorders, including demographics and clinical criteria. This video touches on:

1. Separation Anxiety Disorder
2. Phobias
3. What "exposure therapy" actually looks like, as there is nothing scarier to someone with a phobia than going to "exposure therapy."

I also introduce basic principles of obsessive-compulsive disorder, and how it can often times be experienced as "anxiety."

References and further reading

- Bögels, S. M., Knappe, S., & Clark, L. A. (2013). Adult separation anxiety disorder in DSM-5. *Clinical psychology review*, 33(5), 663-674.
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- Goodman, W. K., Grice, D. E., Lapidus, K. A., & Coffey, B. J. (2014). Obsessive-compulsive disorder. *Psychiatric Clinics*, 37(3), 257-267.
- Siehl, S., Robjant, K., & Crombach, A. (2020). Systematic review and meta-analyses of the long-term efficacy of narrative exposure therapy for adults, children and perpetrators. *Psychotherapy Research*, 1-16.

Glossary

Separation Anxiety Disorder

Phobias

Exposure Therapy

Obsessive Compulsive Disorder (OCD)

Meditation Videos



P24 - Techniques Around Sleep



P23 - Meditative Rewind Practice