

Treatment Approaches to Anxiety

In this video, I'll explain the clinical principles that I use when treating anxiety. I'll explain the value of medications, psychotherapy, and complementary and alternative medicine. We'll explore the benefits and downsides of medication, using serotonin reuptake inhibitors and benzodiazepines as examples. I'll also explain the three major branches of psychotherapy, psychodynamic, cognitive behavioral, and third wave, and the basic approach of each branch. Finally, we'll take a look at complementary and alternative medicine, and which modalities have more scientific support.

References and further reading

- [Affordable Mental Health Care: No Insurance Required](#)
- [Guide to Finding a Therapist](#)
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Glossary

Ayurveda

Serotonin Reuptake Inhibitor (SRI)

Serotonin Norepinephrine Reuptake Inhibitor (SNRI)

Psychodynamic Therapy

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Complementary and Alternative Medicine (CAM)

Benzodiazepines

Gamma-Aminobutyric Acid (GABA)

Alprazolam

Psychotherapy

Traditional Chinese Medicine (TCM)Corticotropin Releasing Factor (CRF)

Meditation Videos



P07 – Om Chanting