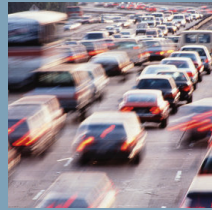


The Anxiety & Phobia Treatment Center



Providing the Keys
to Recovery since 1971.
Call 914-681-1038
or visit our web site at
www.phobia-anxiety.org.

The first hospital-affiliated facility of its kind in the country, the Anxiety & Phobia Treatment Center pioneered the cognitive-behavioral treatment of anxiety disorders. The Center specializes in treatment for Specific Phobias (e.g. driving, heights, enclosed spaces, insects and animals), Agoraphobia (e.g. being at a distance from home), Health Anxiety, Public Speaking and Social Anxiety, and Fear of Flying. Supportive group therapy and ongoing educational groups constitute the cornerstone of treatment. Utilizing exposure therapy, counselors are available to work with patients in the specific situations that cause them anxiety.

Services

SUPPORT GROUPS

The Center holds weekly support groups for phobias and anxieties, Obsessive-Compulsive Disorder, Public Speaking and Social Anxiety Disorder. All groups are led by Certified Phobia Counselors and provide education, goal-setting techniques and invaluable mutual support.

THE ANXIETY & PHOBIA WORKSHOP

Phobias and panic disorder are treated with a combination of cognitive-behavioral therapy and exposure therapy. Patients learn how to confront and overcome their phobias in manageable steps in real life situations. The workshop includes weekly group meetings led by a professional and practice sessions with a certified phobia counselor. Common phobias include driving, bridges, spiders, crowds, elevators, trains, and animals.

HEALTH ANXIETY PROGRAM

Health Anxiety is an exaggerated fear of physical illness and its consequences (hypochondriasis). This program, led by a physician, meets in a group setting with a tailored exposure and response prevention program for each participant. Five individual sessions are also included.



FREEDOM TO FLY WORKSHOP

Does the fear of flying affect your personal or professional life? You can overcome this fear. The Freedom to Fly Workshop includes group meetings at Westchester County Airport, individual practice sessions and a "graduation" flight to Boston.

PUBLIC SPEAKING & SOCIAL ANXIETY PROGRAM

This weekly program uses an individualized method to overcome social and performance anxieties. Interactions with others who experience the same symptoms enables participants to gain the knowledge and confidence necessary to overcome their fears.

