

The 15 Effective Treatment Factors for Overcoming Anxiety and Anxiety Disorders

A guide to choosing the right therapist and the right therapy



CHOOSE A THERAPIST WHO . . .

- ✓ Validates any distress you may be experiencing from anxiety
- ✓ Demonstrates empathy through active listening and recognizing your emotions and interpretations of events
- ✓ Is committed to building a therapeutic relationship the 'therapeutic alliance', with you based on trust, care, and respect
- ✓ Makes an effort to understand your unique life experiences as related to your age, sex, culture, beliefs, personality, and identity
- ✓ Collaborates with you to help create realistic and achievable short-term and long-term goals
- ✓ Acknowledges your strengths and protective factors that will help support your goal attainment
- ✓ Has an awareness of the link between anxiety and depression, as reflected in your treatment plan if you are also experiencing depression
- ✓ Advises you of the limits of therapy (i.e. there are no quick fixes for anxiety, and as people respond differently to different treatment modalities, referral to another practitioner is sometimes necessary)



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AND THERAPY THAT . . .

- ✓ Is evidence-based and offers you a clear plan for recovery
- ✓ Addresses and explores the underlying reasons for your thoughts, feelings, or behaviours
- ✓ Incorporates psychoeducation to help you understand how your thoughts, feelings, and actions are interconnected
- ✓ Assists you to identify and challenge any maladaptive thinking patterns and learn new skills to better manage stress and anxiety
- ✓ Encourages you to be proactive with implementing and maintaining self-care (e.g. meditation, exercise, journaling)
- ✓ Helps you prepare for any setbacks that may occur on the path to recovery, and strategies as to how they can be overcome
- ✓ Is conducive to a collaborative management plan, where progress can be measured and acknowledged, and changes can be made in accordance with what is working best for you

