**LISTENING IN PROFESSIONAL CONTEXT**

**Class: 2019 Non Reg**

**Meeting: 5**

*Answer the following questions based on the track.* ***Please always check your spelling & grammar.***

**Taking Notes.**

Listen to the lecture. Fill in as much of the outline as you can.

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| **Anxiety Disorders: Types and Treatments**  **Section 1 (p 179. Chapter 6 T 12)**   1. **Characteristics of Anxiety** 2. Definition: An emotional state of fear, apprehension, or worry that affects many areas of functioning    * 1. Affects …….…….…….**.**      2. Anxious person might not know …….…….…….**.** 3. Anxiety part of daily life. Exs.:   1. …….…….…….  2. …….…….…….  3. …….…….…….  C. Ways to cope with anxiety. Exs.:  1. Test : …….…….…….  2. Staying healthy: …….…….……..  D. “Normal” anxiety becomes an anxiety disorder when …….…….…….…….…….…….**.**  E. Types of anxiety disorders:  1. …….…….…….  2. …….…….…….  3. …….…….…….   1. **Types of Anxiety Disorders.** 2. Generalized anxiety disorders 3. Person continually tense with excessive worry about 2 or more life problems such as:    1. …….…….…….    2. …….…….…….    3. …….…….…….    4. …….…….……. 4. Develop physical symptoms such as: 5. …….…….……. 6. …….…….……. 7. …….…….……. 8. …….…….……. 9. …….…….…….   **Section 2 (Chpt 6 Track 13)**   1. Phobic Disorder    * 1. Definition: …….…….…….…….…….…….      2. Causes: …….…….……..      3. 2 types of phobic disorder: 2. …….…….…….   Exs.: 1) …….…….…….   1. …….…….……. 2. …….…….…….   Exs.: 1) …….…….…….   1. …….…….……. 2. …….…….……. 3. Obsessive-compulsive disorder 4. Definition of obsession: …….…….…….…….…….…….…….   Exs.:   1. …….…….…….…….…….…….. 2. …….…….…….…….…….…….. 3. Definition of Compulsions: …….…….…….…….…….…….. 4. …….…….…….**.** 5. …….…….…….. 6. **Treatments for Anxiety Disorders** 7. **Psychodynamic therapy**    * 1. Definition: …….…….…….…….…….……..      2. How it works: …….…….…….…….…….…….**.**      3. Two basic techniques: 8. …………………… 9. …….…….…….   .  **Section 3 (Chpt 6 Track 14)**   1. Behavioral therapy 2. Definition: …….…….…….…….…….…….…….…….…….…….…….…….**.** 3. Used in treatment of …….…….……. 4. 3 major behavioral techniques: 5. …….…….…….    * + 1. Phobic patient learns to …….…….……..        2. 3 phases of systematic desensitization:   a) …….…….…….  b) …….…….…….  c) …….…….…….   1. ……………………………………………   1) Exposed to …….…….……. many times.  2) Patients made to realize …….…….…….…….…….…….…….…….……..  Exs.:  a) Claustrophobic: …….…….…….…….…….……..  b) Obsessive-compulsive: …….…….…….…….…….……..   1. **………………………..**   1) Form of learning in which …….…….…….…….…….…….**.**  2) Confront feared objects while …….…….…….**.**  Exs.:  a) …….…….…….  b) …….…….…….  **Section 4 (Chpt 6 Track 15)**   1. Drug therapies 2. Psychotropic drugs 3. Definition: …….…….………….…….……..**.** 4. Kinds of psychotropic drugs: …….…….…….…….…….…….…….…….…….**.**   1) Anti-anxiety drugs: minor tranquilizers that …….…….…….…….…….…….**.**  2) Most popular group of anti-anxiety drugs are …….…….…….**.**  a) …….…….…….  b) …….…….…….  c) …….…….…….  3) Anti-psychotic; help relieve  a) Confused thinking  b) Withdrawal  c) Generalized anxiety disorder   1. Drugs, if overused, may cause …….…….…….…….…….…….**.** |

\*\*\*Do your best!\*\*\*