**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 relievea) Confused thinkingb) Withdrawalc) Generalized anxiety disorder1. Drugs, if overused, may cause …….…….…….…….…….…….**.**
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\*\*\*Do your best!\*\*\*