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ANXIETY

Over 40 million people suffer from Anxiety Disorder in the United States.

Anxiety Disorders are the most common mental health problem affecting people in the United States. People suffering from anxiety suffer from chronic nervousness that can last for 6 months or more. Anxiety disorders can be treated by pharmaceutical support and psychotherapy. There are 5 common types of anxiety disorders: **Obsessive-compulsive disorder, posttraumatic stress disorder, panic disorder** and **social phobia** (social anxiety).

Anxiety is often associated with the following symptoms:

Feelings are out of proportion from reality.

Feelings of Restlessness, tiredness, and muscle tension.

Autonomic hyperactivity, such as shortness of breath, dry mouth, trouble swallowing, nausea and diarrhea.

Constantly feeling on edge, experiencing concentration difficulties, having trouble with sleep, exhibiting a general state of irritability.

How Therapy can help individuals deal with Anxiety Disorders:

Resolve the core conflict that is the cause of anxiety.

Decrease overall frequency, intensity, and duration of the anxiety so that day to day functioning is not impaired. Alleviate anxiety levels, while increasing ability to function on a daily basis.

Improve ability to effectively cope with life and all forms of Anxiety Disorders.