

ANXIETY TREATMENT PROGRAM

Effective treatment has included varied uses of psychotherapeutic and pharmacotherapeutic approaches

Anxiety Disorders represent the most common psychological illness, afflicting 13.1 million Americans. While the incidence rate is high, anxiety disorders have been less frequently recognized and treated than would be expected. Less than one fourth (23%) of individuals suffering from anxiety disorders have ever been treated for their disorder. It is not uncommon for an individual to suffer from an anxiety disorder for several years to a decade or more before beginning treatment.

Part of the difficulty involved in recognizing an anxiety disorders has been that the accompanying physical symptoms have often been associated with a variety of neurological, cardiac, and other physical diseases. While the anxiety disorder remains untreated, the severity of the psychological, social, and physical symptoms increases. As a result, cases presenting for psychiatric treatment have often been quite severe and have involved additional psychological disorders such as depression.

ON MOST INSURANCE, HMO, PPO, AND MCO PANELS. PRECERTIFICATION DONE PRIOR TO FIRST OFFICE VISIT.

CONFIDENTIALITY ASSURED

Types of Anxiety

Generalized Anxiety Disorder

-Chronic or exaggerated worry and tension; Almost constant anticipation or disaster even though nothing seems to provoke it (apprehensive expectation). Worry is often accompanied by physical symptoms such as trembling, muscle tension, headaches and nausea.

Specific Phobias

-Extreme and disabling fear of specific objects or situations that pose little or no danger.

Social Phobia

-Fear of being the focus of attention or scrutiny or of doing something that will be intensely humiliating.

Obsessive Compulsive Disorder

-Repeated, intrusive and unwanted thoughts that cause anxiety, often accompanied by ritualized behavior to relieve the anxiety.

Panic Disorder

-Sudden feelings of terror with symptoms that may include chest pain, heart palpitations, dizziness, etc. There are persistent concerns about having another attack. This may occur with Agoraphobia- anxiety about being trapped in places or situations

Post Traumatic Stress Disorder

-Persistent, frightening thoughts that occur after undergoing a frightening and traumatic event.

Treatment

Key Treatment Principles are called

MIRED:

- * ***Medications***
- * ***Imagery***
- * ***Relaxation Training***
- * ***EMDR™***
- * ***Distorted Thinking Styles***

Workshops- This 14 session workshop conducted by Dr. David Solovey utilizes a variety of cognitive and behavior techniques designed to educate, empower the individual, and help them overcome these disorders.

EMDR- This is a rapid processing technique with empirical support often used to quickly overcome reactions to trauma and other anxiety disorders. Dr. Solovey is certified as a Level II clinician and Dr. Hillner is certified at Level I clinician.

Individual Therapy- This may involve Systematic Desensitization, Cognitive Behavior Therapy to address distortions or irrational beliefs. Therapy for phobias will address overcoming avoidance behavior while therapy for Panic Disorder will address the pattern of catastrophic misinterpretation of bodily sensations.

Family and Marital Therapy to assist those who wish to support the patient as they recover and avoid enabling the anxiety.

Relationship Therapy Center

RTC is a full service practice offering. We offer a variety of therapeutic and evaluation services for families, couples, adults, adolescents, and children. The staff, each independent professionals, offers marital therapy, and relationship therapy, affair recovery treatment, divorce assistance, family therapy, group, mediation services, and a variety of workshops and seminars. We also provide comprehensive testing and evaluation services for personal, medical, and legal purposes.

STAFF

David A. Solovey, Ph.D.

Clinical Psychologist in practice over 20 years. Has served as Director: Child and Adolescent services at Chattanooga Psychiatric Clinic, Psychological Services for Cleveland Community Hospital, Addiction Recovery Corporation, TVA Eastern Medical District. He has taught at The University of Georgia and University of Tennessee, Chattanooga.

Dr. William Hillner

Clinical Psychologist in Practice for over 20 years. He has served as director: Child and Adolescent services at Chattanooga Psychiatric Clinic, Behavioral Pediatrics at Children's Hospital (Erlanger). He has taught at Eastern Illinois University and University of Tennessee, Chattanooga.

LOCATIONS

7302 Jarnigan Rd, Chattanooga, TN

-Next to Memorial Atrium in the Hamilton Place Mall Area

Hutcheson Medical Center (Suite 306)

- Ft. Oglethorpe, Georgia

HOW TO CONTACT

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RELATIONSHIPTHERAPYCENTER.COM

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OR IT WILL MANAGE
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