

# Treating Anxiety

Get A FREE Diagnostic Assessment

Anxiety disorders are the most common mental disorders in the United States. Almost a fifth of all American adults [struggle with an anxiety disorder](#), but less than half of these people seek treatment. However, pharmaceutical and psychotherapeutic treatments for anxiety have made great strides. If you suspect you suffer from anxiety, you should consider calling Alter Behavioral Health to learn about diagnosis and treatment options.

## Anxiety Disorders

While many of the 40 million American adults who suffer from anxiety have a stand-alone disorder, many others experience it as a comorbid condition. For instance, [autistic adults suffer from anxiety](#) at a rate far





above the general population. Likewise, obsessive-compulsive disorder, post-traumatic stress disorder, and many other conditions typically involve anxious symptoms. While anxiety itself is a fairly consistent symptom, effective treatment must take both the symptom and the root cause into account.

## How Alter Behavioral Therapy Treats Anxiety

The Alter Behavioral Health team specializes in a holistic approach to mental health. This broad-ranging expertise enables accurate diagnosis and effective treatment.

### Diagnosis

Before moving forward with a treatment regimen, it's important to identify the root cause of the anxiety.

In isolation, anxiety is sometimes effectively treated by therapy. In some cases of more severe or comorbid anxiety, medication can be necessary. Either way, understanding your ailment is the first step to overcoming it and enjoying your best life.

### Therapy Options

A variety of types of therapy have proven effective in treating different types of anxiety. Cognitive behavioral therapy has a proven record in achieving [positive outcomes](#) for those who suffer from anxiety.

In the course of CBT, the focus is on learned patterns of thought and behavior. Negative self-talk,



catastrophizing, and ineffective behavior are common results of painful or traumatic experiences that then produce anxiety. By identifying and challenging these patterns, many people are able to find relief and enjoy an improved quality of life.



Other therapies that help treat anxiety are typically subsets of CBT. For instance, [exposure therapy](#) emphasizes a gradual, controlled approach of facing anxiety head-on. This might consist of imagining the anxiety-inducing situation, confronting it in real life, or a combination. Depending on the problem, virtual reality might also be an option. Virtual reality simulations of exposure therapy have proven particularly effective in helping veterans who suffer from PTSD-induced anxiety.

## Medication

Everyone has their own unique needs and experience of anxiety. While one component of anxiety is thought patterns, behavior, and experiences, the other component is neurological. Not everyone will need or want medication to treat their anxiety, but others will. At Alter Behavioral Health, the unique needs and wishes of every patient is something of importance that deserves respect.

Alter Behavioral Health also incorporates the latest anxiolytic drugs in ensuring the most [effective treatments](#) with minimal risks and side effects. Depending on your specific case, we'll strive to identify the ideal medication option and correct dosage.

# Call **Alter Behavioral Health**

Your personal struggles, experiences, and fears as well as your brain chemistry each play a pivotal role in your mental health. At Alter Behavioral Health, we understand this and work to help patients as

individuals while also treating their mental illness. This forward-thinking, integrated approach to mental health success contributes to the welcoming environment we foster and the positive outcomes we create. When you need anxiety diagnosis and treatment from a compassionate team of experts, call Alter Behavioral Health and schedule an appointment.

**Whether you're seeking diagnosis or care for an existing diagnosis, Alter Behavioral Health is the place for you or your loved one.**

**CONTACT US TODAY**

**Get Started With Us Today!**

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