

Research

The Anxiety Disorders Clinic is continually conducting research to advance the understanding of anxiety disorders and effective treatments for anxiety problems. Through research, we aim to improve the prevention, assessment, and treatment of anxiety problems.

Research participation is voluntary, and we do not include clients in research without written consent. All research is approved by the Internal Review Board at Appalachian State University.

Fees

One of the primary goals of the Anxiety Disorders Clinic is to provide state-of-the-art services to university and community residents at a low cost. Please contact the clinic to obtain a list of our current fees.

Clinic Hours

The Anxiety Disorders Clinic offers flexible daytime and evening appointments to accommodate client schedules.

Obtaining Treatment

If you would like more information regarding the services of the Anxiety Disorders Clinic, or to schedule an appointment, please contact us at (828)-262-6639.

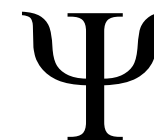
Anxiety Disorders Clinic

Institute of Health & Human Services
Appalachian State University
Boone, NC 28608
Phone: (828) 262-6639
Fax: (828) 262-2974

Clinic Director:
Joshua J. Broman-Fulks, Ph.D.

**Appalachian State
University**

**ANXIETY
DISORDERS
CLINIC**



**CLINICAL SERVICES
FOR**

**ANXIETY
&
STRESS**

828-262-6639
www.psychclinic.appstate.edu

Clinic Services



The Anxiety Disorders Clinic at Appalachian State University is a specialty clinic that offers comprehensive assessment and treatment services for adults and children who are experiencing anxiety and stress related problems. The mission of the Anxiety Disorders Clinic is to three-fold:

- (1) Provide effective treatment for anxiety problems at a low cost to community residents.
- (2) Conduct research aimed at advancing our understanding of anxiety disorders and effective treatments.
- (3) Train graduate students to provide the most effective forms of treatment for anxiety and related psychological problems.

Assessment Services

- Comprehensive structured diagnostic interviews
- Self-report questionnaires
- Ongoing monitoring of treatment progress to ensure treatment effectiveness

Anxiety Treatment

Treatment generally consists of short-term (8-16 sessions) cognitive-behavioral therapy with demonstrated efficacy for anxiety disorders. Components of treatment often include:

- Education about anxiety, the fear response, and adaptive versus maladaptive coping strategies
- Cognitive restructuring of anxiety producing thoughts
- Systematic exposure to stimuli or situations that evoke anxiety

Empirically Based Assessment and Treatment For:

- Panic Attacks & Panic Disorder
- Phobias
- Social & Performance Anxiety
- Obsessive-Compulsive Disorder
- Posttraumatic Stress Disorder
- Generalized Anxiety & Worry
- Test Anxiety
- Health Anxiety
- Childhood Separation Anxiety

