

Anxiety is a feeling of apprehension, fear, or excessive worry. It often co-exists with depression, substance abuse or other mental health issues. Symptoms may include:

- ...✧ Shortness of breath
- ...✧ Digestive problems
- ...✧ Difficulty concentrating
- ...✧ Muscle tension
- ...✧ Trembling hands, legs, or feet
- ...✧ Difficulty sleeping
- ...✧ Excessive worry
- ...✧ Heart palpitations
- ...✧ Cold or sweaty hands
- ...✧ Excessive indecisiveness
- ...✧ Feelings of panic
- ...✧ Headaches
- ...✧ Irritability
- ...✧ Racing thoughts
- ...✧ Fear of social situations
- ...✧ Inability to perform daily activities



**Help is only a phone call away.**  
**For an assessment or more information,**  
**please call the Linden Oaks Help Line**  
**at (630) 305-5500.**



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# Anxiety Program

LINDEN OAKS  
— at —  
EDWARD

Anxiety disorders are the most common mental health problem in the U.S. In fact, more than 40 million adults and 1 in 10 children and adolescents suffer from an anxiety disorder in any given year.

Anxiety comes in many forms. These troublesome maladies include generalized, social, academic, and/or performance anxiety, phobias, post-traumatic stress, obsessive-compulsive and panic disorders. The good news is that anxiety is treatable, and Linden Oaks at Edward can help.

### **Help is close to home**

Anxiety sufferers can find help close to home through the dedicated Anxiety Program at Linden Oaks at Edward. Directed by a licensed clinical psychologist and staffed by mental health professionals with highly specialized training, this intensive outpatient program teaches you to accept anxiety and move beyond it to live a valued life.

Individuals meet five days a week for three to four hours. During this time, participants take part in individual and group therapy, and educational groups. “Ask the doctor” discussions, led by our medical director, are held weekly to give individuals the opportunity to tackle specific areas of anxiety. “Mindfulness” sessions are included in the program daily. This unique component helps participants connect with the moment at hand to take control and reduce anxious thoughts.

### **Treatment**

Therapy is tailored to your individual needs and draws from a variety of therapeutic approaches; all under the umbrella of cognitive behavioral therapy:

*Acceptance and Commitment Therapy (ACT)* is the most innovative type of behavior therapy. Rather than eliminating anxiety, ACT focuses on clarifying values and setting a direction in life. The patient commits to moving toward these goals as a way to cope with anxiety.

*Dialectical Behavior Therapy* is effective for social anxiety including school refusal. It focuses on interpersonal skills, distress tolerance, emotional regulation and mindfulness.

*Exposure and Response Prevention* helps patients confront anxiety through exposure to the feared object until the escape response is discontinued. This method is effective for a variety of anxiety disorders including obsessive compulsive disorder and phobias.

*Mindfulness-Based Cognitive Therapy* increases an individual’s ability to connect with the present moment to quiet symptoms of anxiety and anxious thoughts that are typically based in the future.

### **The treatment team**

The intensive outpatient care team includes a licensed clinical psychologist, a psychiatrist, clinical therapists, and psychiatric nurses. Our mental health professionals are highly specialized in using innovative therapy options to treat anxiety. We have helped many people overcome anxiety and live more balanced lives.