

DISCUSSION QUESTIONS

(Anxiety Disorders)

1. Summarize the Biological and Cognitive Factors that attempt to explain the psychopathology of Panic Disorders.
2. Historically there have been many attempts to explain the development of Phobic Disorders. Explain how the Psychodynamic, Learning, Biological and Cognitive perspectives attempt to explain the psychopathology of these disorders.
3. Explain the various treatment options available for the Phobic Disorders.
4. Discuss the causes of Obsessive Compulsive Disorder with respect to the Psychodynamic, Biological, Learning and Cognitive Perspectives. What treatment approaches are commonly used today?
5. Examine the causes of Generalized Anxiety Disorder with respect to the Learning, Cognitive and Biological Perspectives. What are the treatment options available?
6. Explain the development and onset of Traumatic Stress Disorders with respect to the Behavioral and Learning Perspectives. Discuss the use of Cognitive Behavioral Therapy with these disorders. What Biological Therapies are available?