

PROGRAM THERAPISTS

The program therapists include a senior clinical psychologist and intern psychologists. A senior lecturer in child and adolescent health psychology provides consultancy to the program. The program utilises both individual, group and family approaches to assessment and treatment.

APPOINTMENTS & ENQUIRIES

All consultations are by appointment only.

FEES

The ANU Psychology Clinic charges fees for service.



CONTACT US

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ANU PSYCHOLOGY CLINIC

Child & Adolescent Anxiety Disorders Treatment Program

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Child & Adolescent Anxiety Disorders Treatment Program

Our aim is to promote the health and well-being of children and adolescents with anxiety disorders, and contribute positively to psychological knowledge and practice through clinical research and treatment programs.

THE PROGRAM

The child and adolescent anxiety disorders treatment program provides children, adolescents and their families with access to psychological assessment and treatment programs which have been empirically validated and shown to be effective.

ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

Anxiety disorders are common in children and adolescents and result in a great deal of emotional distress and suffering with serious consequences in everyday life. Care-givers often are uncertain about the nature of the problem and may at times feel helpless in alleviating their child's distress.

Anxiety disorders include a wide range of conditions which share common and distinctive features.

Specific phobias

Fear of the dark, medical procedures, tests, school, animals, etc.

Social anxiety/phobia

Anxiety in social situations with a fear of negative evaluation leading to avoidance and withdrawal from social and interpersonal contact.

Agoraphobia & panic

Fear of panic and anxiety, of open spaces and public places.

Separation anxiety

Intense anxiety on being apart from significant others.

Obsessions

Unwanted thoughts or images that cause marked distress.

Compulsions

Repetitive behavior aimed at reducing distress associated with compulsion eg cleaning, checking, hair pulling.

