

Therapies for Anxiety

Therapy can be useful to decrease anxiety. A psychologist or therapist provides therapy to treat mental health concerns like anxiety or depression. This resource explains some common types of therapy that are helpful in reducing anxiety.

Cognitive Behavioral Therapy (CBT)

CBT focuses on how thoughts, behavior, and feelings affect each other. Therapists who use CBT teach new ways to behave and think in order to lower anxiety. This therapy usually only lasts a short period of time, between 8 and 12 sessions.



Acceptance and Commitment Therapy (ACT)

ACT teaches people to focus on the present moment and pay less attention to thoughts that may be causing anxiety. ACT focuses on the person's values and helping them identify ways to live in a way that is meaningful to them, rather than letting emotions and anxiety change their behavior. ACT treatments are usually between 10 and 15 sessions.



Cognitive Therapy (CT)

Our thoughts are often affected by past experiences and our emotions. CT teaches the person to look at their thoughts in a more objective way. CT also helps to teach people to tolerate uncertainty as a way to help reduce anxiety. CT treatments may last up to 20 sessions.

Applied Relaxation

Applied relaxation focuses on teaching coping strategies that help people relax quickly when they're anxious. Applied relaxation is used during situations that make the person anxious, in order to interrupt and stop the anxiety from getting worse. Over time and with practice, the person can apply these relaxation techniques when they start feeling anxious, without having to think about using them. Applied relaxation typically lasts up to 15 sessions.